

TIPS

- Generally speaking, a period lasts 2-7 days and the average cycle is 21-45 days.
- Ovulation (the days you can get pregnant) typically happens 14 days before your period. Charting to help better predict when this will happen is important for reproductive planning.
- If you have been using a digital planner or app, print extra yearly sheets to move that data over to paper and look for trends.
- The yearly sheet can help you look at trends to help project your periods. If you are regular this will be easier, but having an overview is still helpful.
- If you are charting to help with reproductive planning, I recommend the book Taking Charge of Your Fertility. Please note that this book is a dated and is heavily cis-gendered and heteronormative, but the information on charting for fertility management is very good and very thorough. This resource is also easily accessible even without internet access.



Unrelated to period tracking, I would greatly appreciate your support by following me on Instagram & TikTok





PERIOD*. TRACKER

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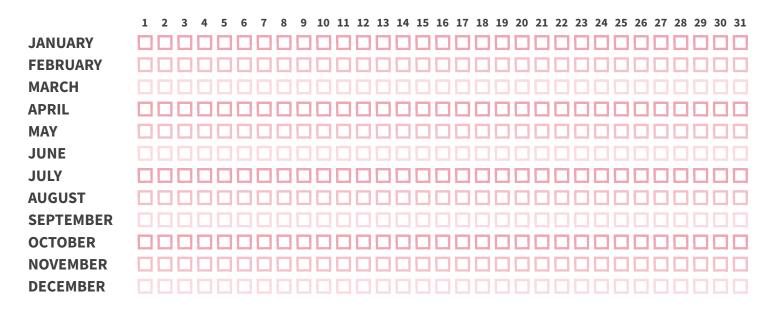
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