

periods for hope

cycle tracker

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
JAN																															
FEB																															
MARCH																															
APRIL																															
MAY																															
JUNE																															
JULY																															
AUG																															
SEP																															
OCT																															
NOV																															
DEC																															

x = normal | o = light | + = heavy | s = spotting

Kits are handmade in Cape Town by Safepad

periodsforhope.org