

**THE TREMIN TRUST RESEARCH PROGRAM ON WOMEN'S HEALTH CALENDAR CARD: 2000-2001**

**Be Sure to Read the Instructions on the Reverse Side.**

**REMEMBER:**

- 1 - Circle first and last dates of menstruation and join with a line.
- 2 - Enter a code number above each menstrual date to designate amount of bleeding:
  - 1 = Spotting. A drop or two of blood on your underwear, not even requiring sanitary protection.
  - 2 = Very light bleeding. Need to change the least absorbent type of tampon or pad once or twice a day in order not to bleed through.
  - 3 = Light bleeding. Need to change a low or regular absorbency tampon or pad 2 or 3 times a day in order not to bleed through.
  - 4 = Moderate bleeding. Need to change a regular tampon or pad every 3 or 4 hours not to bleed through.
  - 5 = Heavy bleeding. Need to change a high absorbency tampon or pad every 3 or 4 hours not to bleed through.
  - 6 = Very heavy bleeding (gushing). Menstrual protection hardly works at all. Need to change the highest absorbency tampon or pad every hour or two.

<b>JANUARY 2000</b>																											
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
			<b>FEBRUARY</b>																								
29	30	31	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
			<b>MARCH</b>																								
26	27	28	29	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
				<b>APRIL</b>																							
25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
					<b>MAY</b>																						
22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
						<b>JUNE</b>																					
20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
							<b>JULY</b>																				
17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14
								<b>AUGUST</b>																			
15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11
										<b>SEPTEMBER</b>																	
12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8
											<b>OCTOBER</b>																
9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6
												<b>NOVEMBER</b>															
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	1	2	3
													<b>DEC</b>														
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	1
<b>DECEMBER</b>																											
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
			<b>JANUARY 2001</b>																								
30	31	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
				<b>FEBRUARY</b>																							
27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23

