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316-634-0060 ■ 316-634-0050 (fax) ■ cwhwichita.com

Center For Women's Health

NAME: _____

YEAR: _____

MENSTRUAL CARD																																
	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	
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NORMAL EXCEPTIONALLY LIGHT EXCEPTIONALLY HEAVY SPOTTING