My period tracker

Colour in the days her period shows up. After a few months she will start to see her own pattern. Every girl is different.

Month: _____

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

How I felt: _____

_____

Month: _____

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

How I felt: _____

_____

Month: _____

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

How I felt: _____

_____

Tip: stick it on the fridge or inside her wardrobe door.