

4-week tracker

Tick what happened. A skipped day is a record, not a failure. Bleeding: circle one, using the same words each time.

Weeks 1 and 2 Product and strength (as printed on the label): _____

Date	Taken	Skipped	Time	Bleeding (circle one)	What I noticed, and anything to mention
1	☐	☐		none light medium heavy	
2	☐	☐		none light medium heavy	
3	☐	☐		none light medium heavy	
4	☐	☐		none light medium heavy	
5	☐	☐		none light medium heavy	
6	☐	☐		none light medium heavy	
7	☐	☐		none light medium heavy	
8	☐	☐		none light medium heavy	
9	☐	☐		none light medium heavy	
10	☐	☐		none light medium heavy	
11	☐	☐		none light medium heavy	
12	☐	☐		none light medium heavy	
13	☐	☐		none light medium heavy	
14	☐	☐		none light medium heavy	

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Tick what happened. A skipped day is a record, not a failure. Bleeding: circle one, using the same words each time.

Weeks 3 and 4 Product and strength (as printed on the label): _____

Date	Taken	Skipped	Time	Bleeding (circle one)	What I noticed, and anything to mention
15	☐	☐		none light medium heavy	
16	☐	☐		none light medium heavy	
17	☐	☐		none light medium heavy	
18	☐	☐		none light medium heavy	
19	☐	☐		none light medium heavy	
20	☐	☐		none light medium heavy	
21	☐	☐		none light medium heavy	
22	☐	☐		none light medium heavy	
23	☐	☐		none light medium heavy	
24	☐	☐		none light medium heavy	
25	☐	☐		none light medium heavy	
26	☐	☐		none light medium heavy	
27	☐	☐		none light medium heavy	
28	☐	☐		none light medium heavy	