

# Period Tracker ----- 2024

SYMPTOMS	
F	Fatigue
H	Headache
P	Pain (abdomen, thighs, etc)
C	Cravings
S	Spotting
A	Acne

## FLOW

Light	
Medium	
Heavy	

## LENGTH OF CYCLE

<b>JAN</b> .....	<b>FEB</b> .....	<b>MAR</b> .....
<b>APR</b> .....	<b>MAY</b> .....	<b>JUN</b> .....
<b>JUL</b> .....	<b>AUG</b> .....	<b>SEP</b> .....
<b>OCT</b> .....	<b>NOV</b> .....	<b>DEC</b> .....

	J	F	M	A	M	J	J	A	S	O	N	D
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												





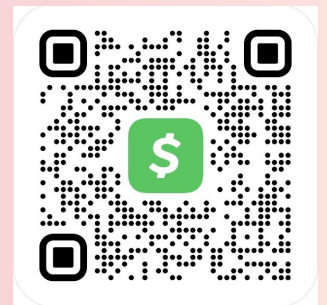
## Say.**Period.** Out Loud

FIGHT CHILD MARRIAGE

STOP PERIOD SHAMING

END PERIOD POVERTY

Donate



## Period Workshops Matter!

- ♥ Groundbreaking education that gives girls essential knowledge about their changing bodies.
- ♥ Our team of nurses and midwives break period taboos that bring isolation and shame to create equal gender experiences.
- ♥ Provide 3 months of FREE feminine products for girls who lack access to period care items.

**Increasing Graduation rates since 2020**

Girl Now Woman Later Inc is an Atlanta-Based 501(c)3 hosting menstrual workshops in Burkina Faso, West Africa  
girlnowwomanlater.org | PO Box 1112 Marietta, GA, 30061

