

S.O.S. – Stay on Schedule!

Use this helpful
menstruation and
contraceptive calendar.

- X - Menstrual days
- O - Contraception start date
- △ - New pack of contraception

JANUARY	FEBRUARY	MARCH
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	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	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
APRIL	MAY	JUNE
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JULY	AUGUST	SEPTEMBER
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OCTOBER	NOVEMBER	DECEMBER
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	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	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

Keep me in your wallet!

This card was designed to help you “stay on schedule”
with your contraception and your physical exams.

Important Telephone Numbers:

Family Doctor: _____

Gynaecologist: _____

Pharmacist: _____

Labs: _____

Important Appointments:

First Pap Test

Date: _____

Location: _____

Last Pap Test

Date: _____

Location: _____

Next Scheduled Pap Test

Date: _____

Location: _____