

Daily Rules for Taking Care of My Body During Menstrual Periods

NAME: _____

Bathroom — I change my pad



when I get up _____,



after breakfast _____,



after lunch _____,



after dinner _____,



before bedtime _____.



Bathroom Reminders During Menstrual Periods



NAME: _____



BATH-ROOM	Sunday	Monday	Tuesday	Wednes- day	Thursday	Friday	Saturday
When I get up							
After breakfast							
After lunch							
After dinner							
Before bedtime							

