

# 2022 PERIOD TRACKER

DAY	JAN	FEB	MAR	APR	MAY	JUN	JUL	AGU	SEP	OCT	NOV	DEC
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DURATION	JAN	FEB	MAR	APR	MAY	JUN	JUL	AGU	SEP	OCT	NOV	DEC
CYCLE												
LIGHT												
MEDIUM												
HEAVY												