

Dati 1	JUL 26	AUG 23	SEP 20	OCT 18	NOV 15	DEC 13	JAN 10	FEB 7	MAR 7	APR 4	MAY 2	MAY 30	JUN 27
2	JUL 27	AUG 24	SEP 21	OCT 19	NOV 16	DEC 14	JAN 11	FEB 8	MAR 8	APR 5	MAY 3	MAY 31	JUN 28
3	JUL 28	AUG 25	SEP 22	OCT 20	NOV 17	DEC 15	JAN 12	FEB 9	MAR 9	APR 6	MAY 4	JUN 1	JUN 29
4	JUL 29	AUG 26	SEP 23	OCT 21	NOV 18	DEC 16	JAN 13	FEB 10	MAR 10	APR 7	MAY 5	JUN 2	JUN 30
5	JUL 30	AUG 27	SEP 24	OCT 22	NOV 19	DEC 17	JAN 14	FEB 11	MAR 11	APR 8	MAY 6	JUN 3	JUL 1
6	JUL 31	AUG 28	SEP 25	OCT 23	NOV 20	DEC 18	JAN 15	FEB 12	MAR 12	APR 9	MAY 7	JUN 4	JUL 2
7	AUG 1	AUG 29	SEP 26	OCT 24	NOV 21	DEC 19	JAN 16	FEB 13	MAR 13	APR 10	MAY 8	JUN 5	JUL 3
Dati 8	AUG 2	AUG 30	SEP 27	OCT 25	NOV 22	DEC 20	JAN 17	FEB 14	MAR 14	APR 11	MAY 9	JUN 6	JUL 4
9	AUG 3	AUG 31	SEP 28	OCT 26	NOV 23	DEC 21	JAN 18	FEB 15	MAR 15	APR 12	MAY 10	JUN 7	JUL 5
10	AUG 4	SEP 1	SEP 29	OCT 27	NOV 24	DEC 22	JAN 19	FEB 16	MAR 16	APR 13	MAY 11	JUN 8	JUL 6
11	AUG 5	SEP 2	SEP 30	OCT 28	NOV 25	DEC 23	JAN 20	FEB 17	MAR 17	APR 14	MAY 12	JUN 9	JUL 7
12	AUG 6	SEP 3	OCT 1	OCT 29	NOV 26	DEC 24	JAN 21	FEB 18	MAR 18	APR 15	MAY 13	JUN 10	JUL 8
13	AUG 7	SEP 4	OCT 2	OCT 30	NOV 27	DEC 25	JAN 22	FEB 19	MAR 19	APR 16	MAY 14	JUN 11	JUL 9
14	AUG 8	SEP 5	OCT 3	OCT 31	NOV 28	DEC 26	JAN 23	FEB 20	MAR 20	APR 17	MAY 15	JUN 12	JUL 10
Dati 15	AUG 9	SEP 6	OCT 4	NOV 1	NOV 29	DEC 27	JAN 24	FEB 21	MAR 21	APR 18	MAY 16	JUN 13	JUL 11
16	AUG 10	SEP 7	OCT 5	NOV 2	NOV 30	DEC 28	JAN 25	FEB 22	MAR 22	APR 19	MAY 17	JUN 14	JUL 12
17	AUG 11	SEP 8	OCT 6	NOV 3	DEC 1	DEC 29	JAN 26	FEB 23	MAR 23	APR 20	MAY 18	JUN 15	JUL 13
18	AUG 12	SEP 9	OCT 7	NOV 4	DEC 2	DEC 30	JAN 27	FEB 24	MAR 24	APR 21	MAY 19	JUN 16	JUL 14
19	AUG 13	SEP 10	OCT 8	NOV 5	DEC 3	DEC 31	JAN 28	FEB 25	MAR 25	APR 22	MAY 20	JUN 17	JUL 15
20	AUG 14	SEP 11	OCT 9	NOV 6	DEC 4	JAN 1	JAN 29	FEB 26	MAR 26	APR 23	MAY 21	JUN 18	JUL 16
21	AUG 15	SEP 12	OCT 10	NOV 7	DEC 5	JAN 2	JAN 30	FEB 27	MAR 27	APR 24	MAY 22	JUN 19	JUL 17
Dati 22	AUG 16	SEP 13	OCT 11	NOV 8	DEC 6	JAN 3	JAN 31	FEB 28 29	MAR 28	APR 25	MAY 23	JUN 20	JUL 18
23	AUG 17	SEP 14	OCT 12	NOV 9	DEC 7	JAN 4	FEB 1	MAR 1	MAR 29	APR 26	MAY 24	JUN 21	JUL 19
24	AUG 18	SEP 15	OCT 13	NOV 10	DEC 8	JAN 5	FEB 2	MAR 2	MAR 30	APR 27	MAY 25	JUN 22	JUL 20
25	AUG 19	SEP 16	OCT 14	NOV 11	DEC 9	JAN 6	FEB 3	MAR 3	MAR 31	APR 28	MAY 26	JUN 23	JUL 21
26	AUG 20	SEP 17	OCT 15	NOV 12	DEC 10	JAN 7	FEB 4	MAR 4	APR 1	APR 29	MAY 27	JUN 24	JUL 22
27	AUG 21	SEP 18	OCT 16	NOV 13	DEC 11	JAN 8	FEB 5	MAR 5	APR 2	APR 30	MAY 28	JUN 25	JUL 23
28	AUG 22	SEP 19	OCT 17	NOV 14	DEC 12	JAN 9	FEB 6	MAR 6	APR 3	MAY 1	MAY 29	JUN 26	JUL 24

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ovulation * spotting ∴ heavy period ● medium period ○ light period ⊕

Core day GAP day

Day out of Time >

JUL 25