

# Menstruation & Breast Self-Assessment

## TRACKER

The ideal time to complete your monthly breast self-assessment is approximately 7-10 days after your period begins. Use this chart to help you stay on track.

MONTH	MENSTRUATION DATES	SELF-ASSESSMENT DATE
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		
November		
December		

Notes: