

# MENSTRUAL CALENDAR

Here's how it works: The days are layed out in 28 day rows. Mark down when your period happens throughout the year. If you have an average length cycle, there will be a line of marks straight down. If you have a short cycle, it will lean left; if you have a long cycle, it will lean right. In any case you can follow that line visually and know when to expect your next period (roughly). Of course it is entirely possible that you have irregularly spaced periods, in which case your marks will show no clear pattern, and predicting will be tough.

2012	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
<b>JAN</b>	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
<b>FEB</b>	26	27	28	29	30	31																						
<b>MARCH</b>	25	26	27	28	29	30	31																					
<b>APRIL</b>	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
<b>MAY</b>	27	28	29	30	31																							
<b>JUNE</b>	24	25	26	27	28	29	30																					
<b>JULY</b>	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
<b>AUG</b>	26	27	28	29	30	31																						
<b>Sept</b>	23	24	25	26	27	28	29	30																				
<b>October</b>	23	24	25	26	27	28	29	30																				
<b>November</b>	23	24	25	26	27	28	29	30																				
<b>December</b>	23	24	25	26	27	28	29	30	31																			

**BROUGHT TO YOU BY**  
(LOCAL ZINE)

**THE POOR \$ BASTARDS**  
**ALMANAC**  
- 2012 -

\$12 at local bookstores or  
**\$6-\$10 online**

GO TO **SFALMANAC.ORG**  
& talk to me on facebook, i'm real!

**2012 Daily Organizer**

**ART** 108 pages of by Local Artists  
52 week calendar w/ Dates in S.F. History  
Free museum days  
Festivals/parades  
Free things to do  
Moon Cycles & Zodiac  
Local event lists  
voter registration dates  
Celestial Events  
100 Years Ago today

**SF CHEAP-FUN GUIDE**

WEEKLY OPEN-MICS (COMEDY TOO)  
LAST BART TIMES AND BUS MAP.  
24 HOUR DINERS IN SF.  
DISTRICT MAP w/ SUPV. CONTACTS.  
PUB-JAM-SESSIONS & \$1 OYSTERS  
FAIR TRADE COFFEE SPOTS.  
NEEDLE EXCHANGE SCHEDULE.  
YOUR RIGHTS AT WORK  
QUEER ENTERTAINMENT GUIDE.  
FREE COMMUNITY RESOURCES  
FREE G.G. PARK EVENTS & MAP  
FOOD CARTS. & FREE CURRY TUES.  
FARMERS MARKETS (INCL. FREE MARKET)

**UNIVERSAL REFERENCE GUIDE**

UNIT CONVERSION CHARTS.  
ANTI-GAY-COMPANIES.  
IRON ABSORPTION TIPS.  
PESTICIDE LEVELS IN VEGGIES  
GET HPV VACCINE FOR FREE.  
SUSTAINABLE FISH LIST.  
SIGN LANGUAGE REFERENCE.  
SILLY-PUTTY/PLAY-DOUGH RECIPE.  
POKER HANDS RANKING.  
CHESS & CONNECT 4 BOARD.  
MAKE DUMPHONES ACT SMART

**LOCAL CD COMPILATION**

16 TRACKS FROM SF'S  
**BEST NEW BANDS.**  
MUSICAL REFERENCE GUIDE  
**CHORD CHARTS**  
(UKELELE & BANJO & GUITAR & PIANO)  
FINGERBOARD CHARTS.  
CIRCLE OF 5THS  
OVERTONE SERIES  
FREQUENCY CHART  
INTERVAL RECOGNITION  
THROUGH POPULAR SONGS.

**WITH MATH!**