



# Monthly Breast Self-Check Calendar

**Month:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

## How to use this calendar

Breast self-checks help you notice changes by building familiarity over time.

They do not replace mammograms or medical screening, they support awareness between appointments.

## When to Check

- I menstruate → 3–5 days after my period ends
- I don't menstruate → Same date every month

**My self-check day is:**

**Set a reminder. Consistency matters more than perfection.**

## Monthly Notes

**Anything new or different?**  Yes  No

**If yes, what did you notice?**

**Which breast?**  Left  Right  Both