

How Many Periods?

Menopause

Estimated age I will stop my periods

01



Menarche

Estimated age I will start my periods or age I started my periods

02



03

Children

Estimated number of children I hope to have



Calculate

For each child I can expect not to have periods for about 18 months (1.5 years). This allows 9 months for pregnancy and 9 months (on average and taking account of breast feeding) before my periods resume.

04

$$\begin{array}{r} \times \quad 1.5 \\ \hline = \quad \square \end{array}$$

Menstruation

Total number of years having periods

05

$$\square - \square - \square = \bigcirc$$

Period Total

I can expect to have:

\bigcirc

$$\times \quad 12.25 =$$

Average number of periods per year



in my lifetime

06