


Month	Day	Notes	<p align="center"><b>Breast Self Examination Chart</b></p>  <p>A breast self-exam is recommended every month within a week after your period ends. If you have gone through menopause, you should do the exam once a month around the same time.</p> <p>Use this chart to record the day of the month you did the breast self-exam and any notes you have.</p> <p>Breast Self Examination chart provided by <a href="http://www.jackygamble.com">www.jackygamble.com</a></p>
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			