

Your Monthly Self Breast Exam Schedule

Use this calendar to help you do a Breast Self Exam once a month. Every time you do your exam, mark it on this calendar. You could write your name, make a check mark, or put a sticker on each month to show that you did your exam. An easy way to remember is by doing your exam at the end of your period each month. If you don't have a period, be sure and do it on the same day of every month. And don't forget to visit your doctor or nurse once a year!

January	February	March	April
May	June	July	August
September	October	November	December

Date of Yearly Doctor Visit: _____