

YOUR PMS GUIDE. - UNDERNEATH YOUR LINGERIE.

Pink Silk Robes.

	JAN	FEB	MARCH	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
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Additional Details...

JANUARY.

FEBRUARY.

MARCH.

APRIL.

MAY.

JUNE.

JULY.

AUGUST.

SEPTEMBER.

OCTOBER.

NOVEMBER.

DECEMBER.

FAVORITE SELF CARE TECHNIQUES FOR THAT TIME OF THE MONTH...

WORKOUT:

DIET:

P.S. MAKE SURE TO SET TIME ASIDE TO JOURNAL!