





A hand holding a red and white marker points to a calendar grid. The grid has columns labeled M, T, W, T, F, S, S and a final column with icons. The calendar shows dates from 1 to 31. The 7th, 10th, 13th, 16th, 19th, 22nd, 25th, 28th, and 31st are marked with pink hearts. The 14th, 21st, and 28th are marked with pink flower icons.

M	T	W	T	F	S	S	Icons
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	Heart, Heart
15	16	17	18	19	20	21	Heart, Heart
22	23	24	25	26	27	28	Heart, Heart
29	30	31					Heart, Heart













**Explore more information about How to Get
Period in One Hour**

<https://www.blissnatural.in/blogs/news/how-to-get-your-period-in-one-hour>