

Sample Veset Calendar

					If you have a veset <i>she'eino kavua</i> [irregular period], fill in these dates.			If you have a veset <i>kavua</i> [regular period], fill in this date.
Hebrew date	<i>Onah</i> : day (D) or night (N)	Interval from day one of last period	Associated symptoms, if any	Date took last active pill or removed ring or patch, if relevant.	Date of next veset - <i>yom hachodesh</i> [day of month]	Date of next veset - <i>haflagah</i> [interval]	Date of next veset - <i>onah beinonit</i> [day 30]	Date of <i>next veset kavua</i> [regular period]
3 Tishrei	N	26			3 Cheshvan	28 Tishrei	2 Cheshvan	
1 Cheshvan	D	29			1 Kislev	29 Cheshvan	30 Cheshvan	
29 Cheshvan	D	29	backache on 28 Cheshvan (Daytime)		29 Kislev	28 Kislev	29 Kislev	
27 Kislev	N	28			27 Tevet	25 Tevet	27 Tevet	

NOTE: The *onot perishah* are calculated according to the Hebrew calendar. However, if you are more aware of the English date than the Hebrew one, it may be helpful to also write the English date. [Adapted from Zimmerman, Deena R., *A Lifetime Companion to the Laws of Jewish Family Life*, New York: Urim Publications, 2005, Appendix F].