DEPO SQ CALENDAR   DOSING EVERY 12-14 WEEKS

Given	Due	Given	Due	Given	Due	Given	Due
January 1	3/26 – 4/9	February 16	5/11 – 5/25	April 3	6/26 – 7/10	May 19	8/11 – 8/25
January 2	3/27 – 4/10	February 17	5/12 – 5/26	April 4	6/27 – 7/11	May 20	8/12 – 8/26
January 3	3/28 – 4/11	February 18	5/13 – 5/27	April 5	6/28 – 7/12	May 21	8/13 – 8/27
January 4	3/29 – 4/12	February 19	5/14 – 5/28	April 6	6/29 – 7/13	May 22	8/14 – 8/28
January 5	3/30 – 4/13	February 20	5/15 – 5/29	April 7	6/30 – 7/14	May 23	8/15 – 8/29
January 6	3/31 – 4/14	February 21	5/16 – 5/30	April 8	7/1 – 7/15	May 24	8/16 – 8/30
January 7	4/1 – 4/15	February 22	5/17 – 5/31	April 9	7/2 – 7/16	May 25	8/17 – 8/31
January 8	4/2 – 4/16	February 23	5/18 – 6/1	April 10	7/3 – 7/17	May 26	8/18 – 9/1
January 9	4/3 – 4/17	February 24	5/19 – 6/2	April 11	7/4 – 7/18	May 27	8/19 – 9/2
January 10	4/4 – 4/18	February 25	5/20 – 6/3	April 12	7/5 – 7/19	May 28	8/20 – 9/3
January 11	4/5 – 4/19	February 26	5/21 – 6/4	April 13	7/6 – 7/20	May 29	8/21 – 9/4
January 12	4/6 – 4/20	February 27	5/22 – 6/5	April 14	7/7 – 7/21	May 30	8/22 – 9/5
January 13	4/7 – 4/21	February 28	5/23 – 6/6	April 15	7/8 – 7/22	May 31	8/23 – 9/6
January 14	4/8 – 4/22	March 1	5/24 – 6/7	April 16	7/9 – 7/23	June 1	8/24 – 9/7
January 15	4/9 – 4/23	March 2	5/25 – 6/8	April 17	7/10 – 7/24	June 2	8/25 – 9/8
January 16	4/10 – 4/24	March 3	5/26 – 6/9	April 18	7/11 – 7/25	June 3	8/26 – 9/9
January 17	4/11 – 4/25	March 4	5/27 – 6/10	April 19	7/12 – 7/26	June 4	8/27 – 9/10
January 18	4/12 – 4/26	March 5	5/28 – 6/11	April 20	7/13 – 7/27	June 5	8/28 – 9/11
January 19	4/13 – 4/27	March 6	5/29 – 6/12	April 21	7/14 – 7/28	June 6	8/29 – 9/12
January 20	4/14 – 4/28	March 7	5/30 – 6/13	April 22	7/15 – 7/29	June 7	8/30 – 9/13
January 21	4/15 – 4/29	March 8	5/31 – 6/14	April 23	7/16 – 7/30	June 8	8/31 – 9/14
January 22	4/16 – 4/30	March 9	6/1 – 6/15	April 24	7/17 – 7/31	June 9	9/1 – 9/15
January 23	4/17- 5/1	March 10	6/2 – 6/16	April 25	7/18 – 8/1	June 10	9/2 – 9/16
January 24	4/18 - 5/2	March 11	6/3 – 6/17	April 26	7/19 – 8/2	June 11	9/3 – 9/17
January 25	4/19 - 5/3	March 12	6/4 – 6/18	April 27	7/20 – 8/3	June 12	9/4 – 9/18
January 26	4/20 – 5/4	March 13	6/5 – 6/19	April 28	7/21 – 8/4	June 13	9/5 – 9/19
January 27	4/21 – 5/5	March 14	6/6 – 6/20	April 29	7/22 – 8/5	June 14	9/6 – 9/20
January 28	4/22 – 5/6	March 15	6/7 – 6/21	April 30	7/23 – 8/6	June 15	9/7 – 9/21
January 29	4/23 – 5/7	March 16	6/8 – 6/22	May 1	7/24 – 8/7	June 16	9/8 – 9/22
January 30	4/24 – 5/8	March 17	6/9 – 6/23	May 2	7/25 – 8/8	June 17	9/9 – 9/23
January 31	4/25 – 5/9	March 18	6/10 – 6/24	May 3	7/26 – 8/9	June 18	9/10 – 9/24
February 1	4/26 – 5/10	March 19	6/11 – 6/25	May 4	7/27 – 8/10	June 19	9/11 – 9/25
February 2	4/27 – 5/11	March 20	6/12 – 6/26	May 5	7/28 – 8/11	June 20	9/12 – 9/26
February 3	4/28 – 5/12	March 21	6/13 – 6/27	May 6	7/29 – 8/12	June 21	9/13 – 9/27
February 4	4/29 – 5/13	March 22	6/14 – 6/28	May 7	7/30 – 8/13	June 22	9/14 – 9/28
February 5	4/30 – 5/14	March 23	6/15 – 6/29	May 8	7/31 – 8/14	June 23	9/15 – 9/29
February 6	5/1 – 5/15	March 24	6/16 – 6/30	May 9	8/1 – 8/15	June 24	9/16 – 9/30
February 7	5/2 – 5/16	March 25	6/17 – 7/1	May 10	8/2 – 8/16	June 25	9/17 – 10/1
February 8	5/3 – 5/17	March 26	6/18 – 7/2	May 11	8/3 – 8/17	June 26	9/18 – 10/2
February 9	5/4 – 5/18	March 27	6/19 – 7/3	May 12	8/4 – 8/18	June 27	9/19 – 10/3
February 10	5/5 – 5/19	March 28	6/20 – 7/4	May 13	8/5 – 8/19	June 28	9/20 – 10/4
February 11	5/6 – 5/20	March 29	6/21 – 7/5	May 14	8/6 – 8/20	June 29	9/21 – 10/5
February 12	5/7 – 5/21	March 30	6/22 – 7/6	May 15	8/7 – 8/21	June 30	9/22 – 10/6
February 13	5/8 – 5/22	March 31	6/23 – 7/7	May 16	8/8 – 8/22	July 1	9/23 – 10/7
February 14	5/9 – 5/23	April 1	6/24 – 7/8	May 17	8/9 – 8/23	July 2	9/24 – 10/8
February 15	5/10 – 5/24	April 2	6/25 – 7/9	May 18	8/10 – 8/24	July 3	9/25 – 10/9

DEPO SQ CALENDAR   DOSING EVERY 12-14 WEEKS

Given	Due	Given	Due	Given	Due	Given	Due
July 4	9/26 – 10/10	August 19	11/11 – 11/25	October 2	12/25 – 1/8	November 16	2/8 – 2/22
July 5	9/27 – 10/11	August 20	11/12 – 11/26	October 3	12/26 – 1/9	November 17	2/9 – 2/23
July 6	9/28 – 10/12	August 21	11/13 – 11/27	October 4	12/27 – 1/10	November 18	2/10 – 2/24
July 7	9/29 – 10/13	August 22	11/14 – 11/28	October 5	12/28 – 1/11	November 19	2/11 – 2/25
July 8	9/30 – 10/14	August 23	11/15 – 11/29	October 6	12/29 – 1/12	November 20	2/12 – 2/26
July 9	10/1 – 10/15	August 24	11/16 – 11/30	October 7	12/30 – 1/13	November 21	2/13 – 2/27
July 10	10/2 – 10/16	August 25	11/17 – 12/1	October 8	12/31 – 1/14	November 22	2/14 – 2/28
July 11	10/3 – 10/17	August 26	11/18 – 12/2	October 9	1/1 – 1/15	November 23	2/15 – 3/1
July 12	10/4 – 10/18	August 27	11/19 – 12/3	October 10	1/2 – 1/16	November 24	2/16 – 3/2
July 13	10/5 – 10/19	August 28	11/20 – 12/4	October 11	1/3 – 1/17	November 25	2/17 – 3/3
July 14	10/6 – 10/20	August 29	11/21 – 12/5	October 12	1/4 – 1/18	November 26	2/18 – 3/4
July 15	10/7 – 10/21	August 30	11/22 – 12/6	October 13	1/5 – 1/19	November 27	2/19 – 3/5
July 16	10/8 – 10/22	August 31	11/23 – 12/7	October 14	1/6 – 1/20	November 28	2/20 – 3/6
July 17	10/9 – 10/23	September 1	11/24 – 12/8	October 15	1/7 – 1/21	November 29	2/21 – 3/7
July18	10/10 – 10/24	September 2	11/25 – 12/9	October 16	1/8 – 1/22	November 30	2/22 – 3/8
July 19	10/11 – 10/25	September 3	11/26 – 12/10	October 17	1/9 – 1/23	December 1	2/23 – 3/9
July 20	10/12 – 10/26	September 4	11/27 – 12/11	October 18	1/10 – 1/24	December 2	2/24 – 3/10
July 21	10/13 – 10/27	September 5	11/28 – 12/12	October 19	1/11 – 1/25	December 3	2/25 – 3/11
July 22	10/14 – 10/28	September 6	11/29 – 12/13	October 20	1/12 – 1/26	December 4	2/26 – 3/12
July 23	10/15 – 10/29	September 7	11/30 – 12/14	October 21	1/13 – 1/27	December 5	2/27 – 3/13
July 24	10/16 – 10/30	September 8	12/1 – 12/15	October 22	1/14 – 1/28	December 6	2/28 – 3/14
July 25	10/17 – 10/31	September 9	12/2 – 12/16	October 23	1/15 – 1/29	December 7	3/1 – 3/15
July 26	10/18 – 11/1	September 10	12/3 – 12/17	October 24	1/16 – 1/30	December 8	3/2 – 3/16
July 27	10/19 – 11/2	September 11	12/4 – 12/18	October 25	1/17 – 1/31	December 9	3/3 – 3/17
July 28	10/20 – 11/3	September 12	12/5 – 12/19	October 26	1/18 – 2/1	December 10	3/4 – 3/18
July 29	10/21 – 11/4	September 13	12/6 – 12/20	October 27	1/19 – 2/2	December 11	3/5 – 3/19
July 30	10/22 – 11/5	September 14	12/7 – 12/21	October 28	1/20 – 2/3	December 12	3/6 – 3/20
July 31	10/23 – 11/6	September 15	12/8 – 12/22	October 29	1/21 – 2/4	December 13	3/7 – 3/21
August 1	10/24 – 11/7	September 16	12/9 – 12/23	October 30	1/22 – 2/5	December 14	3/8 – 3/22
August 2	10/25 – 11/8	September 17	12/10 – 12/24	October 31	1/23 – 2/6	December 15	3/9 – 3/23
August 3	10/26 – 11/9	September 18	12/11 – 12/25	November 1	1/24 – 2/7	December 16	3/10 – 3/24
August 4	10/27 – 11/10	September 19	12/12 – 12/26	November 2	1/25 – 2/8	December 17	3/11 – 3/25
August 5	10/28 – 11/11	September 20	12/13 – 12/27	November 3	1/26 – 2/9	December 18	3/12 – 3/26
August 6	10/29 – 11/12	September 21	12/14 – 12/28	November 4	1/27 – 2/10	December 19	3/13 – 3/27
August 7	10/30 – 11/13	September 22	12/15 – 12/29	November 5	1/28 – 2/11	December 20	3/14 – 3/28
August 8	10/31 – 11/14	September 23	12/16 – 12/30	November 6	1/29 – 2/12	December 21	3/15 – 3/29
August 9	11/1 – 11/15	September 24	12/17 – 12/31	November 7	1/30 – 2/13	December 22	3/16 – 3/30
August 10	11/2 – 11/16	September 25	12/18 – 1/1	November 8	1/31 – 2/14	December 23	3/17 – 3/31
August 11	11/3 – 11/17	September 26	12/19 – 1/2	November 9	2/1 – 2/15	December 24	3/18 – 4/1
August 12	11/4 – 11/18	September 27	12/20 – 1/3	November 10	2/2 – 2/16	December 25	3/19 – 4/2
August 13	11/5 – 11/19	September 28	12/21 – 1/4	November 11	2/3 – 2/17	December 26	3/20 – 4/3
August 14	11/6 – 11/20	September 29	12/22 – 1/5	November 12	2/4 – 2/18	December 27	3/21 – 4/4
August 15	11/7 – 11/21	September 30	12/23 – 1/6	November 13	2/5 – 2/19	December 28	3/22 – 4/5
August 16	11/8 – 11/22	October 1	12/24 – 1/7	November 14	2/6 – 2/20	December 29	3/23 – 4/6
August 17	11/9 – 11/23			November 15	2/7 – 2/21	December 30	3/24 – 4/7
August 18	11/10 – 11/24					December 31	3/25 – 4/8

Birth Control Reminder Apps:

    Flo: Health and Period Tracker (Spanish version available on Apple devices)

    Bedsider