

Kennel name

Heat and season log

Track every season so her own pattern replaces the averages. Day one is the first day you see blood.

Dam

Typical interval (months)

First season date

Seasons

#	Day one (first blood)	Standing started	Season ended	Length (days)	Months since last	Progesterone tested?	Bred?	Notes
1						☐	☐	
2						☐	☐	
3						☐	☐	
4						☐	☐	
5						☐	☐	
6						☐	☐	
7						☐	☐	
8						☐	☐	
9						☐	☐	
10						☐	☐	

A season a month either side of the expected date is normal. No season by 13 months after the last one, or no first season by 24 months: check with your vet.

Notes