

From Getting Your Period to Getting to the Mikvah

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbos
	Get your period at 3 PM (or any time before שקיעה)* Day 1 of 5 day minimum**	Day 2 of 5 day minimum	Day 3 of 5 day minimum	Day 4 of 5 day minimum***	Day 5 of 5 day minimum Do Hefsek Tahara TODAY Before Shkia! *****	Day 1 of ז' נקיים*****
Day 2 of ז' נקיים	Day 3 of ז' נקיים	Day 4 of ז' נקיים	Day 5 of ז' נקיים	Day 6 of ז' נקיים	Day 7 of ז' נקיים Go to the Mikvah TONIGHT after dark!	

*Mark off next month's וסתות today!

**Remember you can also start counting your 5 day minimum if you abstained for some halakhic reason other than your period

***Remember in extenuating circumstances you may be told to only wait 4 days as the minimum so ALWAYS ASK!

**** *Hefsek Tahara can be done any time on the last day of whatever the minimum # you need to wait is so do a “just in case” one in the AM in case you forget or can't do it later, but ideally do another one later, within a ½ hour of שקיעה

***** Ideally do 2 bedikot each day of ז' נקיים. If you forget on days 2,3,4,5,6 just keep going. If you forget both bedikot on day 1, then the next day becomes day 1. If you forget both bedikot on day 7 (and have done all the other days preceding) then the next day becomes day 7, unless you have extenuating circumstances, so ALWAYS ASK!

Became Niddah/Began Abstaining for Halakhic reasons	Last day of 5 day minimum/Hefsek Tahara BEFORE שקיעה	ז' נקיים Day 1	ז' נקיים Day 7	Mikvah
Sunday	Thursday	Friday	Thursday	Thursday Night
Monday	Friday	Shabbos	Friday	Friday Night
Tuesday	Shabbos	Sunday	Shabbos	Saturday Night
Wednesday	Sunday	Monday	Sunday	Sunday Night
Thursday	Monday	Tuesday	Monday	Monday Night
Friday	Tuesday	Wednesday	Tuesday	Tuesday Night
Shabbos	Wednesday	Thursday	Wednesday	Wednesday Night