



Period & Symptom Tracker

Record your menstrual flow using this pattern: Very heavy flow Normal flow Light flow Spotting No bleeding or spotting

For pain like headache and period cramps, please write 0 to 10. (0 means no pain and 10 means the worst pain ever).

For mood, you may use emojis to indicate your mood like 😊 😞 😐 😡

You may write other symptoms you feel on the table below like bloating, breast tenderness, energy level

Month: _____

Symptom	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Period Flow																															
Period Pain																															