Menstrual cycle tracking

NAME:

MONTH:

Day of Cycle	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	32	33	34	35	36	37	38	39	40
Date																																								
PHYSICAL SYMPTOMS																																								
Fatigue, tiredness, unmotivated																																								
Diarrhoea, constipation, bloating																																								
Pelvic pain, abdominal pain, back pain																																								
Pimples, breakouts																																								
Increased or decreased appetite, cravings																																								
Headaches or migraines																																								
Hot flushes, night sweats																																								
Breast swelling or breast tenderness																																								
Fluid retention, puffiness																																								
BEHAVIOURAL SYMPTOMS																																								
Depression, low mood																																								
Anxiety, nervous tension																																								
Irritable																																								
Teary, sensitive																																								
Difficulty concentrating, poor memory																																								
Poor sleep, broken sleep, oversleeping																																								
MENSTRUATION																																								
Menstruating days																																								
Menstrual spotting																																								
Pain and cramping																																								
Clotting																																								

MENSTRUAL FLOW

Light Moderate Heavy   Light Moderate Heavy   Light Moderate Heavy

MENSTRUAL BLOOD LOSS (indicate below the number of menstrual products used per day and the appropriate menstrual flow)

Tampon/Pad/Menstrual cup	**Light**																																								
Tampon/Pad/Menstrual cup	**Moderate**																																								
Tampon/Pad/Menstrual cup	**Heavy**																																								
Notes																																									