

Your period tracker



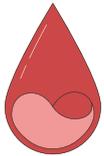
FLOW

fill in the box for quantity of blood. full box would be heavy. 1/2 box would be regular flow



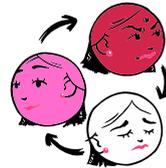
PAIN

mark out of 10 (10 being the worst). where is the pain? breasts? abdomen? lower back>



COLOUR

use a colour that corresponds to your bleed colour e.g. red, purple, brown



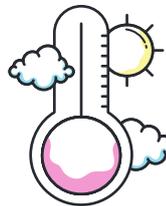
EMOTIONS

add a little emoji to describe how you are feeling



CRAVINGS

what and when are you craving foods



TEMPERATURE

if you are BBT charting write down your temperature



SPOTS

describe your spots (red? painful? pus?) and also where they are



ENERGY

mark out of 10 (10 being the worst)



MUCUS & DISCHARGE

notice any changes to what your vulva and vagina are demonstrating to you

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | 1 | 2 |
| SEPTEMBER | 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 | 1 |
| OCTOBER | 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 |
| NOVEMBER | 30 | 31 | 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 |
| DECEMBER | 27 | 28 | 29 | 30 | 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 |