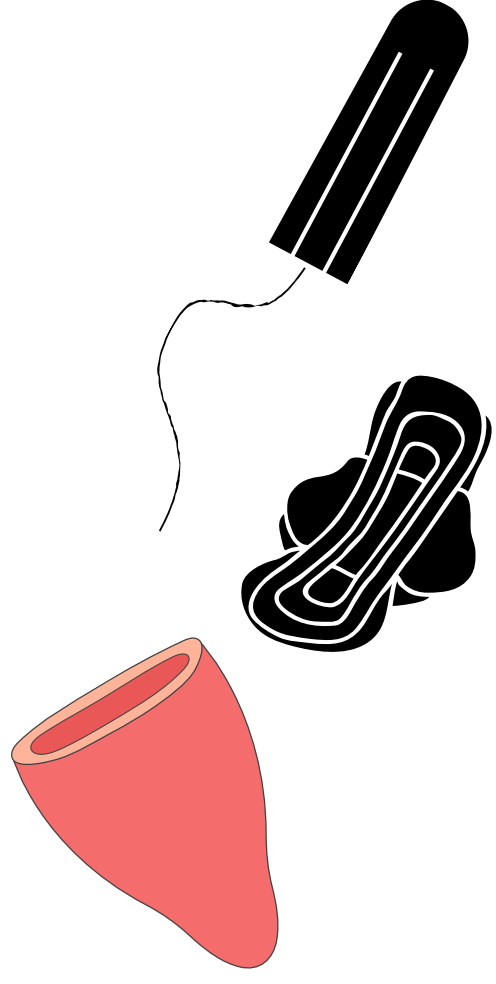
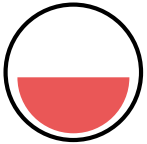
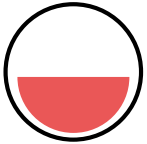


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MY PERIOD

 fill in the circle for quantity of blood e.g. full circle would be heavy

 fill in the circle with a colour that corresponds to your bleed e.g. red, purple, brown

 pain

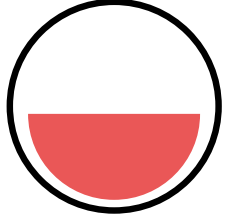
 emotions



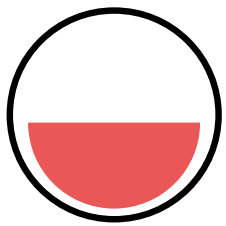
HOW TO USE

you can track anything you would like with this yearly planner. the idea is to give you a quick snapshot of your menstrual cycle

things you could track are:



fill in the circle for quantity of blood e.g. full circle would be heavy. this will also show you how many dates you bled for and your regularity of cycle



fill in the circle with a colour that corresponds to your bleed e.g red, purple, brown



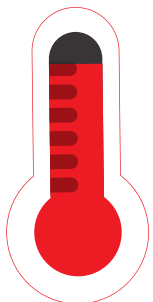
pain. you could score out of 10



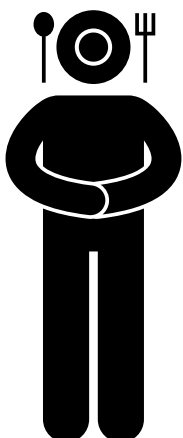
emotions - the good, bad and ugly. i hang mine somewhere prominent, so that my family members know.



energy. again, you could score out of 10



temperature if tracking for ovulation. I would suggest choosing a time in the day that you stick to regularly



cravings - listen to your body. What is it telling you?

