MENSTRUAL CYCLE CHART

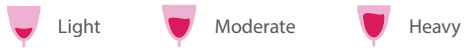
NAME: Karina Jones

MONTH: Feb/March 2023

Please fill in the following chart to help monitor your menstrual cycle. Mark "x" in the box if you experience the symptom. Day 1 of your cycle starts on the first day of menstruation.

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	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
PHYSICAL SYMPTOMS																																								
Fatigue, tiredness, unmotivated																																								
Diarrhoea, constipation, bloating																																								
Pelvic pain, abdominal pain, back pain																																								
Pimples, breakouts																																								
Increased or decreased appetite, cravings																																								
Headaches or migraines																						x		x			x													
Hot flushes, night sweats																																								
Breast swelling or breast tenderness																						x	x	x	x	x	x	x	x											
Fluid retention, puffiness																																								
BEHAVIOURAL SYMPTOMS																																								
Depression, low mood																																								
Anxiety, nervous tension																										x															
Irritable																																								
Teary, sensitive																																								
Difficulty concentrating, poor memory																																								
Poor sleep, broken sleep, oversleeping																					x																			
MENSTRUATION																																								
Menstruating days																											x	x	x												
Menstrual spotting																																								
Pain and cramping																																								
Clotting																																								

MENSTRUAL FLOW



MENSTRUAL BLOOD LOSS (indicate below the number of menstrual products used per day and the appropriate menstrual flow)																																								
Tampon/Pad/Menstrual cup	**Light**																										x	x	x											
Tampon/Pad/Menstrual cup	**Moderate**																																							
Tampon/Pad/Menstrual cup	**Heavy**																																							

Notes

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BASAL BODY TEMPERATURE TRACKER

NAME:

Using a digital thermometer take your temperature under the tongue on waking, before getting out of bed. Record your temperature in the chart below by marking "x" in the box, or in your smart phone and add the results into the chart later. Record your temperature for **each day of the month**, preferably at the same time of day.

Date	3/3	4/3	5/3																												
Time																															
37.3																															
37.2																															
37.1																															
37.0																															
36.9																															
36.8																															
36.7																															
36.6																															
36.5																															
36.4																															
36.3		X																													
36.2																															
36.1	X																														
36.0			X																												
35.9																															
35.8																															
35.7																															
35.6																															
35.5																															
35.4																															
35.3																															
35.2																															
35.1																															
35.0																															
34.9																															

Return this tracker to your practitioner at your next appointment.

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