

MENSTRUAL CYCLE CHART

NAME:

PIP CAROLAN

MONTH:

SEPT/OCT

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.

[illegible]

	BEHAVIOURAL SYMPTOMS
Depression, low mood	
Anxiety, nervous tension	
Irritable	
Tired, sensitive	
Difficulty concentrating, poor memory	
Poor sleep, broken sleep, oversleeping	

MENSTRUATION				
menstruating days	1	2	3	4
menstrual spotting				
n and cramping				
etting				

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)	
1	Light
2	Moderate
3	Heavy

Notes