

MY MONTHLY PERIOD & SYMPTOM TRACKER

MONTH: _____

DATE	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	
BLOOD FLOW																																
SPOTTING																																
LIGHT																																
NORMAL																																
HEAVY																																
PMS SYMPTOMS																																
ACNE (BREAK OUT)																																
BLOATING																																
CRYING																																
BREAST SORENESS																																
MOOD SWINGS																																
IRRITABILITY																																
PERIOD SYMPTOMS																																
CRAMPS																																
DIARRHEA																																
DIZZINESS																																
NAUSEA																																
VOMITING																																

Blood flow key: Spotting: tiny amount of flow on your underwear or panty shield

Light: 1–3 tampons or pads/day

Normal: 4–6 tampons or pads/day

Heavy: more than 6 tampons or pads/day