

SAMPLE MONTHLY PERIOD & SYMPTOM TRACKER

MONTH: January

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