

Understanding Your Cycle

Just remembering the schedule for every activity, social or business, can become overwhelming, so who has time to keep track of her period? If you are wondering whether or not your period is normal, below is a diary to help you keep track of your monthly cycle.

This tool can also be useful to show your doctor to discuss any questions or concerns you might have.

Print this form out every month or print multiple copies now, answer the questions after your period and compare to other months.

What was the start date of your period this month?

What was the end date of your period this month?

How many tampons/pads were fully saturated each day of your period?

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

Day 8 _____

Day 9 _____

Day 10 _____

Day 11 _____

Day 12 _____

Day 13 _____

Day 14 _____

Day 15 _____

Did you miss any days of work because of your period this month? How many? _____

Yes

No

Date(s) _____

Did you miss any social activities because of your period this month? Which ones?

Yes

No

Event(s) and Date(s)

Did you feel especially weak or fatigued during your period this month? When?

Yes

No

Date(s) _____

Symptoms

Did your period disrupt your sexual activity because it was so heavy this month?

Yes

No

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