

MENSTRUAL DIARY

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## Menstrual Diary (diagram)

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Day 1 2	Menstrual Flow [see box 1]	Fill in it any pain [see box 2]	Month	Day	Menstrual Flow [see box 1]	Fill in if any pain [see box 2]	Month	Day	Menstrual Flow [see box 1]	Fill in if any pain [see box 2]	Menstrual Flow +++ Heavy: needing sanitary towels as well as tampons. Large clots	and / or Tiooding   ++ Moderate: reguar	inconvenience.  + Light needing some protection to prevent st S Spotting: very light loss staining underwear.
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Document ID: 12361 (v1)	Last Checked: 30/07/2010	

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