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Menstrual Diary (diagram)

MENSTRUAL DIARY

Month

Day	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		
Menstrual Flow [see box 1]																																	
Fill in if any pain [see box 2]																																	

Month

Day	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		
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Menstrual Flow [see box 1]																																	
Fill in if any pain [see box 2]																																	

Pain
+++ Severe: requiring painkillers. Not able to do normal activities
++ Moderate: needing mild painkillers but can carry on normal activities
+ Mild: but not needing painkillers.

Menstrual Flow
+++ Heavy: needing sanitary towels as well as tampons. Large clots and / or 'flooding' [blood staining clothing or bedding]
++ Moderate: regular changes of towels or tampons. No social inconvenience.
+ Light: needing some protection to prevent staining of underwear.
S Spotting: very light loss staining underwear.

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