

Monthly Menstrual Log

Date:



Instructions: Shade in or put an "X" to indicate the level of your flow. Use the daily Note area to write your daily score and to indicate clots and flooding or type of protection used. Use the notes area at the bottom to record any other details you feel are important. Record whatever you feel could be important for your healthcare provider to know so that they can best help you.

This log is meant to help you track your period and discuss your circumstances with your healthcare provider. It is not meant as medical advice. An estimated measurement of more than 80 ml or 2.7 ounces per period might merit a conversation with your doctor about heavy menstrual bleeding.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Notes:

Legend

None	Light	Moderate	Heavy
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>