

# Daily Menstrual Log

Date: \_\_\_\_\_



**Instructions:** Put a tally mark for each pad or tampon you use or for each time you empty your menstrual cup. (If you combine more than one method of protection, fill out the chart for each one.) Note clots and flooding. Use the notes area to record any other symptoms you feel are important, or for other details, such as size/brand of products. Record what you feel is important for your healthcare provider to know so that they can best help you. We assume an overnight pad, a super tampon, and a 1-ounce menstrual cup for estimated measurements. Remember that brands of protection differ, and the number of heavy days, along with the number of clots and amount of flooding you experience may be more important to your provider. See Guide for more details about how to track. *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.*

Pads	#
Light	
Moderate	
Heavy	

Tampons	#
Light	
Moderate	
Heavy	

Cup	#
Light	
Moderate	
Heavy	

Clots and Flooding	
Describe your clots (size and #)	
Describe your flooding (frequency)	

## Estimated Measurements (full/soaked product):

Description	Oz./ml
Maxi Pad	.17/5
Overnight Pad	.34-.5/10-15
Super Tampon	.4/12
Menstrual Cup	1/30

## Physical Symptoms:

- Abdominal Cramps
- Acne
- Appetite (Decreased)
- Appetite (Increased)
- Backache
- Binge Eating
- Bleeding/Spotting
- Bloating
- Body Aches
- Breast Tenderness
- Canker Sores (inside the mouth)
- Cold Sores (outside the mouth)
- Constipation
- Diarrhea
- Dizziness
- Dry Skin
- Energy (High)
- Energy (Low)
- Fatigue
- Fever (High)
- Fever (Low)
- Food Cravings
- Frequent Urination
- Headache
- Heartburn
- Indigestion
- Insomnia
- Joint Pain
- Migraine
- Muscle Cramps
- Muscle Spasms
- Nausea
- Neck Aches
- Nosebleeds
- Pelvic Pain
- Premenstrual Syndrome (PMS)
- Sex Drive (Decreased)
- Sex Drive (Increased)
- Water Retention
- Weight Change (Decrease)
- Weight Change (Increase)
- Other

## Mental Health:

- Abnormal Emotional Outbursts
- Anxiety
- Confusion
- Depression
- Difficulty Concentrating
- Hopelessness
- Irritability
- Memory Issues
- Mood Swings
- Overstimulation
- Overwhelmed
- Paranoia
- Other

## Notes:

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## Total:

## Clot Sizes:



Large (quarter size or larger)

Small

## Treatments/Medications:

- Antifibrinolytics (e.g., tranexamic acid)
- Clotting Factor
- Hormone Therapy
- NSAIDs (e.g., ibuprofen, naproxin sodium)
- Alternative Rebalancing Agent
- Other

## Log Medication Here:

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## Missed Work or School:

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## Pain Scale:

