

Per-Cycle 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 on the bottom row. Use the notes area to record any other symptoms you feel are important (see Daily Tracking), 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 are assuming 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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Light												
Moderate												
Heavy												

Tampons	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Light												
Moderate												
Heavy												

Cup	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Light												
Moderate												
Heavy												

Clots and Flooding	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Describe your clots (size and #)												
Describe your flooding (frequency)												

Daily Total (Oz. or ml)												
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Notes:

Clot Sizes:

Quarter

Large (quarter size or larger)

Dime

Small

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

Total: