

Period Journal

One line per day. Log flow, symptoms, mood and anything worth remembering.

Period started (day 1): _____	Period ended: _____	Period length: _____ days
Next period started: _____	Cycle length: _____ days	(day 1 of this period to day 1 of the next)

Flow: S spotting L light M medium H heavy

Symptoms: C cramps B bloating H headache M mood changes T tender breasts F fatigue

Date	Day	Flow	Symptoms	Mood	Notes
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