

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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