sample monthly period & symptom tracker

month: January

DATE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
BLOOD FLOW																															
SPOTTING									✓	✓																					
LIGHT											✓																				
NORMAL												✓	✓																		
HEAVY																															
PMS SYMPTOMS																															
ACNE (BREAK OUT)								✓																							
BLOATING							✓	✓																							
CRYING																															
BREAST SORENESS																															
MOOD SWINGS																															
IRRITABILITY								✓																							
PERIOD SYMPTOMS																															
CRAMPS									✓																						
DIARRHEA																															
DIZZINESS																															
NAUSEA																															
VOMITING																															

BLOOD FLOW KEY: SPOTTING: TINY AMOUNT OF FLOW ON YOUR UNDERWEAR OR PANTY SHIELD
LIGHT: 1–3 TAMPONS OR PADS/DAY
NORMAL: 4–6 TAMPONS OR PADS/DAY
HEAVY: MORE THAN 6 TAMPONS OR PADS/DAY