

# period tracker

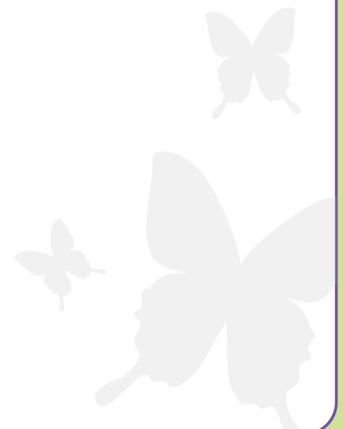
Mark your symptoms throughout the month using the symbols on the right. When your period begins, color in the symbols below to rate the intensity of your flow and any pain, taking note of any irregularities or changes over time.








Month \_\_\_\_\_  
Year \_\_\_\_\_

## key

-  Sad
-  Irritable
-  Neutral
-  Period
-  Tired
-  Acne
-  Headache
-  Cramps
-  Bloating
-  Munchies

## notes



Day	1	2	3	4	5	6	7
Pain Intensity							
Flow Intensity	