



TIME OF THE
MONTH
Period Tracker

THIS TRACKER BELONGS TO:



THAT TIME OF THE MONTH DOESN'T
HAVE TO BE MISERABLE.

SO IT'S THAT TIME OF THE MONTH.

THAT DOESN'T MEAN YOU HAVE TO BE
MISERABLE!

WITH THIS TRACKER YOU CAN:

- TRACK YOUR SYMPTOMS.
- BE INTENTIONAL ABOUT YOUR HEALTH
DURING YOUR CYCLE.
- KNOW WHEN YOUR PERIOD IS
SCHEDULED TO START.
- KEEP TRACK OF HOW YOU FEEL ON A
REGULAR BASIS.

MY PERIOD THIS YEAR

KEY: SPOTTING LIGHT
 MEDIUM HEAVY

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TRACK YOUR FLOW ALL YEAR LONG BY CREATING A COLOR KEY. USE THAT COLOR TO NOTE WHETHER YOU'RE SPOTTING, HAVE LIGHT, MEDIUM, OR HEAVY FLOW.

SYMPTOM TRACKER

MONTH : _____
PERIOD START DATE _____ PERIOD END DATE _____

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OVERALL, THIS IS HOW I FELT DURING THIS CYCLE:

WRITE DOWN YOUR PERIOD SYMPTOMS AND TRACK THEM FOR EACH DAY OF YOUR CYCLE.

PERIOD WEEK

DAY:

I ATE:

I FELT:

I DID:

DAY:

I ATE:

I FELT:

I DID:

DURING YOUR PERIOD WEEK, KEEP TRACK OF WHAT YOU EAT, FEEL, AND DO.

ALL MY THOUGHTS

SHARE YOUR THOUGHTS THROUGHOUT YOUR PERIOD WEEK.

SYMPTOM TRACKER

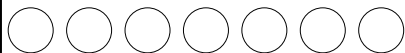
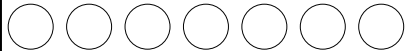
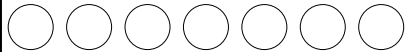
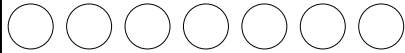
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SYMPTOMS

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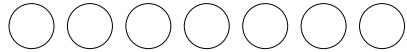
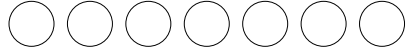
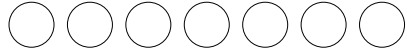
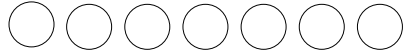
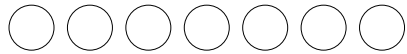
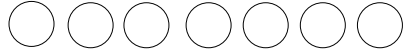
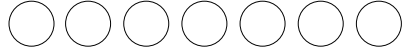
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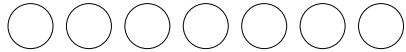
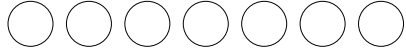
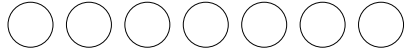
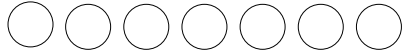
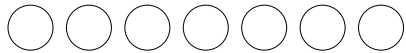
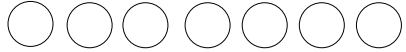
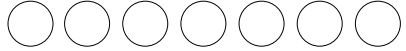
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