

Menstrual Diary

Please complete this prior to your appointment



BIRDS OF PARADISE
Women's Health Clinic

START DATE:																															
DAY	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
FLOW																															
PAIN																															

START DATE:																															
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FLOW																															
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flow

3 HEAVY Needing sanitary towels + tampons / large and / or 'flooding' [blood stains on clothing or bedding]
 2 MODERATE Regular changes of towels or tampons / minimal or no social inconvenience
 1 LIGHT Needing some protection to prevent staining of underwear
 0 SPOTTING Very light loss staining underwear

pain

3 SEVERE Requiring painkillers / not able to do normal activities
 2 MODERATE Needing mild painkillers, but can carry on normal activities
 1 MILD Mild, but not needing painkillers
 0 NONE No pain