



My menstrual cycle				
My periods typically last	___ 2-3 days		___ 3-5 days	___ 6+ days
I get my period every 28 days	___ Like clockwork		___ It varies	___ Not sure
Period flow is typically:	___ Heavy		___ Regular	___ Light
I use:	___ Tampons	___ Pads	___ Period undies	___ Other

	Mood	Sleep Quality	Headaches / migraines	Energy level
Before my period				
During my period				
After my period				

___ Missed / irregular periods	___ Painful periods / cramps	___ Spotting between periods	___ Itching/Burning	___ Pain during sex
___ Bloating / retaining water	___ Lower back pain	___ Bowel issues	___ Tenderness in my breasts	___ Other

Understanding your fertile window can help you either time intercourse to conceive or avoid unprotected sex to prevent pregnancy.	
Date:	Notes:
Date:	Notes:
Date:	Notes:

Did anyone in my family have endometriosis?
Did anyone in my family have polycystic ovary syndrome (PCOS) or fibroids?
Did any women in my family have breast, ovarian or cervical cancer?

Are there any tests I might need based on my symptoms?
Are there other ways I to track my cycle so I can better understand it?

