

Your period is a window into your overall health. Being self-aware of changes in your cycle, mood and physical symptoms can help empower you to make informed care decisions with your doctor or OB-GYN. Fill this out for three cycles leading up to your next appointment.

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
l use:		Tampons	Pads	Period undies	Other
How I feel					
110W 1 leel	Mood	Sleep Quality		Handachas / migrainas	Energy level
Before my period	Mood	Sieep Quality		Headaches / migraines	Effergy level
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During my period After my period					
After thy period					
My health concerns					
Missed / irregular periods	Painful periods / cramps	Spotting between periods		Itching/Burning	Pain during sex
Bloated / retaining water	Lower back pain	Bowel issues		Tenderness in my breasts	Other
My family planning goals					
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:				
Questions to ask my family					
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?					
Questions to ask my doctor					
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?					
Other questions or concerns					



