


Period Tracker


Year: _____


	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
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SYMPTOMS/KEY	
	Light flow
	Medium flow
	Heavy flow
	Ovulation

PAIN SCALE

Light 

Medium 

Intense 

NOTES