

This tracker will help you monitoring and understand your menstrual cycle with greater precision. Fill in the date on the schedule on the right and note down your symptoms and the heaviness of your flow.

## Symptoms you might experience

ACNE • FOOD CRAVINGS NAUSEA • BREAST SORENESS MOOD SWINGS • FATIGUE HEADACHES • BLOATING BACK SORENESS • CRAMPS

## Note the heaviness of your flow

- LIGHT
- MEDIUM
- HEAVY

## Month:

ΜΟΝ	TUE	WED	тни	FRI	SAT	SUN