Menstrual Record Chart

Name

Month		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
	Bleeding																															
	Tablets																															
	Remarks																															
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Key **Bleeding** No bleeding = blank Spotting = light = Moderate = Severe =

Tablets 1= 2= 3=

Remarks ie Pain 0 (none) to 5 (severe)

www.fetal-medicine.co.uk/gynaecology1.html