

## Menstruation Chart

To be used when there are problems with periods or problems that may be linked to menstrual cycles. Insert any relevant letters from the key into the square for that day. Make new codes if required.

KEY: N = normal flow L = light flow H = heavy flow C = clots or flooding P = pain, D = distressed S = seizure A = aggressive I = irritable B = bloating

Year	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
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Comments: