## Menstrual Flow / Pain Diary

Menstrual flow ratings	Pain ratings
S: Spotting – A few drops of blood	1: Mild – Slight pain, no need for pain medication
1: Light – You need light protection to avoid staining underwear	2: Medium – Can do usual activities, you need mild pain medication
2: Medium – Soaking less than 1 pad or tampon in 3 hours or more	3: Severe – High pain, you can not do normal activities and you need
<b>3: Heavy</b> – Soaking more than 1 pad or tampon in 3 hours	strong pain medication
4: Severe – Soaking 1 or 2 pads or tampons in 1 or 2 hours	
C: Clotting – Passing large clots between your period	

## Month: \_\_\_\_\_

Day	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
Flow																															
Pain																															

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