

Menstrual diary

Fill out this menstrual diary to keep a record of your periods, especially to track pain and/or heavy bleeding. This diary can help your doctor to get an idea of how heavy your period is and when you have period pain.

Month 1:

Day of the 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	
Pain (see box 1)																																
Menstrual Flow (see box 2)																																

Month 2:

Day of the 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
Pain (see box 1)																															
Menstrual Flow (see box 2)																															

Month 3:

Day of the 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
Pain (see box 1)																															
Menstrual Flow (see box 2)																															

Box 1: Recording Pain

- +++ Severe pain. Need strong painkillers. Not able to do normal activities.
- ++ Moderate pain. Needing mild painkillers but can carry on normal activities.
- + Mild pain. Not needing painkillers

Box 2: Recording bleeding

- +++ Heavy bleeding. Large clots and/or flooding. Need sanitary pads as well as tampons. Makes you housebound.
- ++ Moderate bleeding. Regular changes of pads or tampons. No social inconvenience.
- + Light bleeding. Need some protection to prevent staining of underwear.
- S Spotting

Adapted from Christchurch Women's Hospital Menstrual/Pain Diary