

Period (menstrual) diary

Fill out this diary to keep a record of your periods, especially to track pain or heavy bleeding. The diary can help your doctor 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 pain relief. Unable to do normal activities.
- ++ Moderate pain. Need mild pain relief but can carry on with normal activities.
- + Mild pain. Do not need pain relief.

Box 2: Recording bleeding

- +++ Heavy bleeding. Large clots 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 by HealthInfo clinical advisers. Last reviewed January 2025.