

Menstrual Chart		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	32	33	34	35				
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SYMPTOMS	Your Symptoms	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	32	33	34	35				

Track, calculate, and chart your menstrual cycles online at [MyMonthlyCycles®](http://www.MyMonthlyCycles.com)

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You can use this menstrual chart to mark each day of your period and non-menstrual spotting. To record flow levels, you can devise any system, such as:

- H** = Heavy Flow                      **M** = Moderate Flow                      **L** = Light Flow
- B** = Breakthrough bleeding        **S** = Mid-cycle or non-menstrual spotting

Add your own symptoms, and rate whenever they occur. For example, you might use:  
**1** = Very Mild, **2** = Mild, **3** = Moderate, **4** = Severe, **5** = Very Severe;  
 Or: **MI** = Mild, **MO**=Moderate, **SV** = Severe