

Monthly period diary – to record your heavy bleeding

What does heavy bleeding mean to you? Tick the boxes that are true for you:

- I have to change my tampon/pad/period underwear every 1 to 2 hours during the day
- I have to get up at night to change protection
- I have to use more than 1 type of protection at the same time
- I leak through my clothing or bedding
- I get big clots coming out (bigger than a \$2 coin)
- My period lasts longer than 7 days each month
- I can't do everything I want to when I have my period.



Here are some things to think about and then record in the table below:

- **How heavy is my bleeding?**
- **How bad is the pain?**
- **Is my period stopping me doing things? Sport? School?**
- **How many times do I have to get up at night to change my pad/tampon/cup?**
- **Any other symptoms?**

Month:	Date my period started:		Date my period ended:		
Day	Bleeding Heavy to light	Pain 	I can do everything I want to	Times I got up in the night	Other symptoms or types of pain
1					
2					
3					
4					
5					
6					
7					
8					