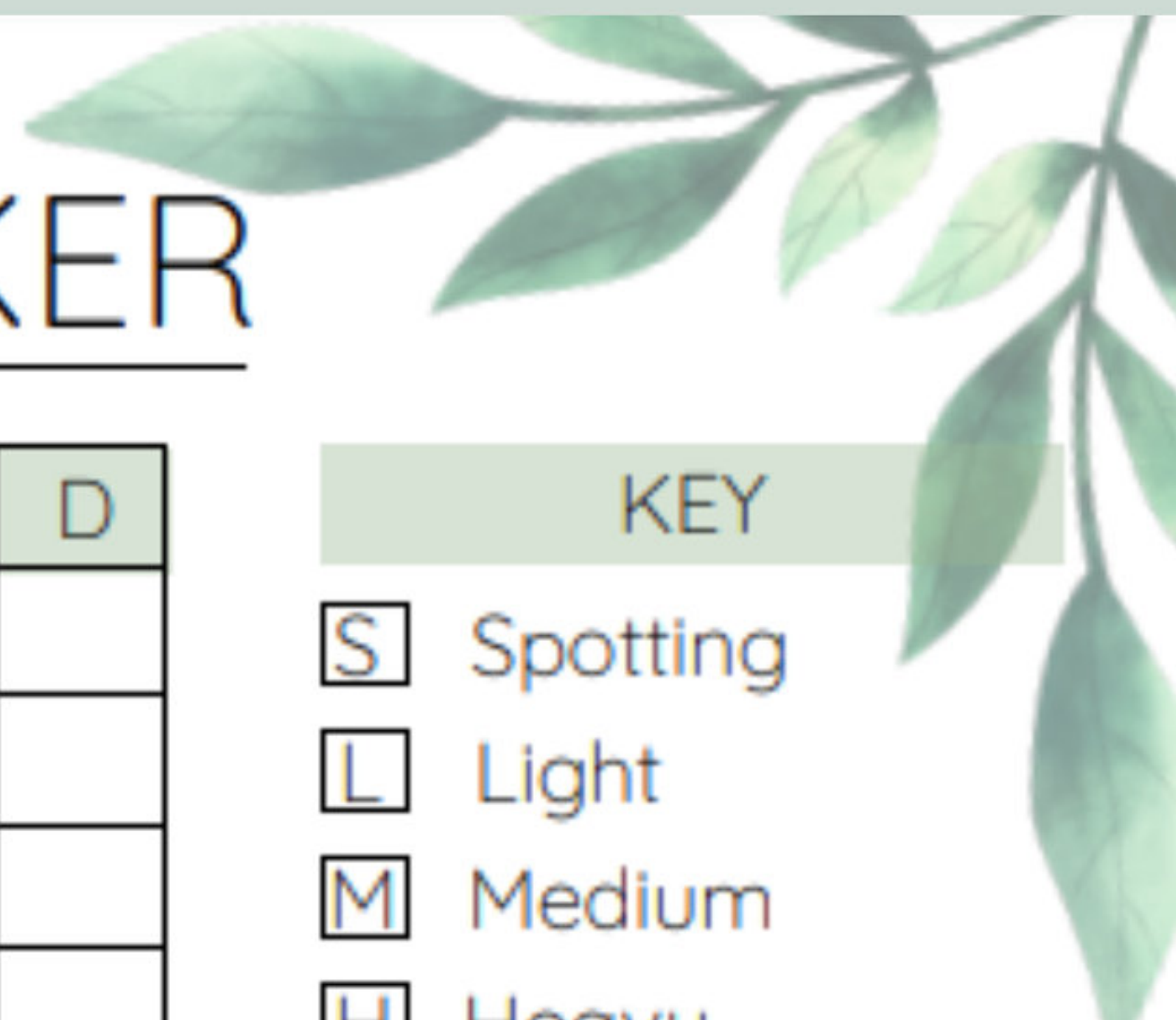


PERIOD AND MOOD TRACKER

A4 • A5 • US LETTER • PDF



PERIOD & MOOD TRACKER

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												
16												
17												
18												
19												
20												
21												

KEY

- ☐ S Spotting
- ☐ L Light
- ☐ M Medium
- ☐ H Heavy

MOOD

- ☐ Happy
- ☐ Excited
- ☐ Motivated
- ☐ Sad
- ☐ Upset
- ☐ Angry
- ☐ Stressed
- ☐ Anxious
- ☐ Irritable
- ☐ Fatigue

CYCLE LENGTH

Jan _____ Feb _____

Mar _____ Apr _____

May _____ Jun _____