

Period Tacker yet?

A period is the part of the menstrual cycle when a woman bleeds from her vagina for a few days. It can last anywhere between 3 to 8 days.

The Menstrual Cycle is calculated from the first day of a woman's period to the day before her next period. For most women this happens every 28 days or so, but it's common for periods to be more or less frequent than this, ranging from 21 to 40 days.

[illegible]

KEY (Nature of Flow)



Spotting



Light



Normal



Heavy

SAMPLE ROW (How to Fill)

March /21	18th	22nd	5 days	28 days	Acne, bloating, cramps	Deep red	
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