

Period

TRACKER

My Symptoms

- ☐ MUNCHIES
- ☐ HEADACHE
- ☐ ACNE
- ☐ CRAMPS
- ☐ TIRED
- ☐ SAD
- ☐ ANGRY
- ☐ ENERGETIC
- ☐ STRONG
- ☐ HAPPY

My Periods

- LIGHT
● MEDIUM
● HEAVY



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