



Diary: Heavy periods

Period Started on: _____	Pads: Number used Size of pads				Tampons: Number used Size of tampons				Clumps of blood?	Pain 1 = Mild 2 = Moderate 3 = Severe	Medication Name Dose Amount	Problems Difficulties in daily life Exhaustion Tiredness Other
1st day												
2nd day												
3rd day												
4th day												
5th day												
6th day												
7th day												
8th day												

