







Diary: Heavy periods

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

To learn more about this topic go to: <http://www.informedhealth.org/heavy-periods>