Printable period tracker: record your periods and symptoms

Year: _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
January																															
February																															
March																															
April																															
May																															
June																															
July																															
August																															
September																															
October																															
November																															
December																															

This template is only for recording your own observations. It does not calculate predictions and is not intended for contraception, identifying fertile days or diagnosis.

Month: _____ Year: _____

Day	Bleeding (flow)	Symptoms	Mood	Note
1				
2				
3				
4				
5				
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