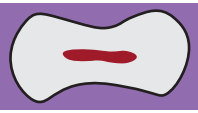
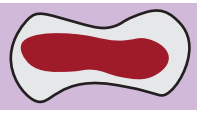
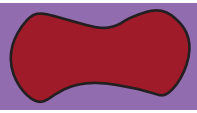
The numbers represent the consecutive days of your menstrual period.
Please record, for each day, the number of pads you used that match each illustration.

Pad	1	2	3	4	5	6	7	8
								
								
								
Clots (Y/N)								

The numbers represent the consecutive days of your menstrual period.
Please record, for each day, the number of tampons you used that match each illustration.

Tampon	1	2	3	4	5	6	7	8
Clots (Y/N)								