

My Period and Symptom Tracker

Optional personal record. Print and write; store privately and bring to a healthcare visit if helpful.

Record each period’s dates and symptoms. "Flow" may be light, moderate, or heavy; note how often products need changing. Pain: 0 = none, 10 = worst imaginable. Tracking does not diagnose a condition or reliably prevent pregnancy.

First day	Last day	Flow / product changes	Pain 0-10	Symptoms / missed activities

Arrange a visit: no first period by age 15; more than 3 months between periods; bleeding longer than 7 days; frequent soaking through products in 1-2 hours; or pain that limits daily life. Hormonal medicines can change bleeding patterns - ask your clinician what to expect.

Seek urgent care: heavy bleeding with fainting or marked weakness, or severe sudden pain. Do not wait to finish this tracker. Call 911 for a medical emergency.

[AAP: Menstrual Disorders in Teens \(2026\)](#)

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