Menstrual Cycle Diary

Name:		Month:												Year:																	
Cycle Day	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
Date																															
Tampons +/- pads (normal size-soaked/day																															
Menstrual Cup Flow 1*																															
Menstrual Cup Flow 2*																															
Reco	rd () =	noi	ıe,	1 =	mi	nin	ıal,	2 =	m	od	era	te,	3 =	mo	de	rat	ely	int	ens	e, 4	= '	ver	y ir	itei	ıse					
Amount Flow																															
Cramps																															
Breast Sore: Front																															
Breast Sore: Side																															
Fluid Retention																															
Mucus secretions																															
Constipation																															
Headache																															
Sleep Problems																															
Feeling Frustrated																															
Feeling Depressed																															
Feeling Anxious																															
Reco	rd I	M =	m	uch	le	ss, l	L =	a l	ittl	e le	ss,	U =	= us	ua	l, Y	= :	a li	ttle	inc	rea	asec	l, Z	Z = 1	mu	ch	inc	rea	sed			
Appetite																															
Breast Size																															
Interest In Sex																															
Feeling Of Energy																															
Feeling Of Self-Worth																															
Outside Stresses																															
Basal Temperature																															
Comments (temperature taken late, feeling sick, poor sleep, etc.)																															
*Menstrual Cun Flow: Plea		<u> </u>	L				L			L		L	L			L.,		<u> </u>		Ļ_		11:						Ш		Ш	

*Menstrual Cup Flow: Please record flow (ml) whenever you empty your cup. Use the scoring outlined below (ie. flow between 7.5 and 15ml = C)

Flow Scoring Choices



0	Α	В	С	D	E	F
0ml	0 – 7.5ml	7.5ml	7.5 – 15ml	15ml	15 – 30ml	30ml

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