

Period & symptom diary

Track bleeding, pain and other symptoms for 2–3 cycles. It helps Dr Syed see patterns.

Bleeding: 0 none · S spotting · L light · M medium · H heavy · F flooding / clots larger than a 50c coin. Pain: score 0 (none) to 10 (worst).
Products: number of pads or tampons changed, or cup emptied.

Month

Day	Date	Bleeding	Pain 0–10	Products	Other symptoms (mood, bloating, headache, missed work...)
1					
2					
3					
4					
5					
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30					
31					

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Summary for my appointment

First day of my last three periods

Usual cycle length (first day to first day) and how many days I bleed

Bleeding between periods or after sex?

Do I feel tired, short of breath or dizzy?

Contraception or hormones I am using

Anything else I have noticed
