## PERIOD SYMPTOM TRACKER

If you have heavy periods, complete this tracker every day of your period (including spotting days) and bring it to your healthcare appointment.

To find out more about heavy periods go to brook.org.uk/heavy-periods

Date	Flow (heavy, medium, light, spotting)	Any leaks? e.g. on clothes/bedding	Pain (1-10)	Blood clots? (>2.5cm)	Mood swings?	Missed activities? (what was missed?)