

My Period Diary

Use My Period Diary to help you keep track of your monthly menstrual symptoms, and bring it with you to your doctor's appointment; it will help you have a more productive conversation about heavy periods and any concerns you may have, such as the impact on your daily activities.

You shouldn't have to learn to manage heavy periods, or get used to them. Heavy periods may be treatable. You just have to help your doctor understand what you're going through. Your concerns are real, and your doctor is there to help you make the right treatment choices.

Visit heavyperiods.com for more information, resources, and tools.



How to use My Period Diary

For each day of your period, please record the information requested below over a 3-month span. Showing a pattern will help your doctor see how heavy periods are affecting you.

Remember to be as accurate as possible. Share this diary with your doctor so he or she can determine whether you have heavy menstrual bleeding (HMB), and if so, discuss potential treatment options together.

Legend

To identify your rate of flow, see the images below and select the one (or more) that corresponds to your situation. The numbers 0 to 10 correspond to your fatigue and pain levels on a particular day. Select the number that most closely aligns with how you feel and fill in the corresponding space on the chart.

Saturation Level



Fatigue Level



Pain Level



heavy
periods



