Free Printable

Period Tracker

Monthly cycle log with flow, symptoms and a predicted next-date row

Inside this PDF
Monthly cycle log with flow, symptoms and dates
Predicted next-date row to plan ahead
Prints on Letter or A4 - free for personal use

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Period Tracker - Cycle Log

Cycle start	Cycle end	Length	Flow	Symptoms	Notes

Predicted next period: _____ (add your usual cycle length to the last start date)

Period Tracker - Month 1

Month: _____ Year: _____

Flow: L = light, M = medium, H = heavy. Write symptoms like cramps, headache or tiredness in the Symptoms column.

Date	Flow (L / M / H)	Symptoms	Mood	Notes
1				
2				
3				
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11				
12				
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30				
31				

Period Tracker - Month 2

Month: _____ Year: _____

Flow: L = light, M = medium, H = heavy. Write symptoms like cramps, headache or tiredness in the Symptoms column.

Date	Flow (L / M / H)	Symptoms	Mood	Notes
1				
2				
3				
4				
5				
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11				
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