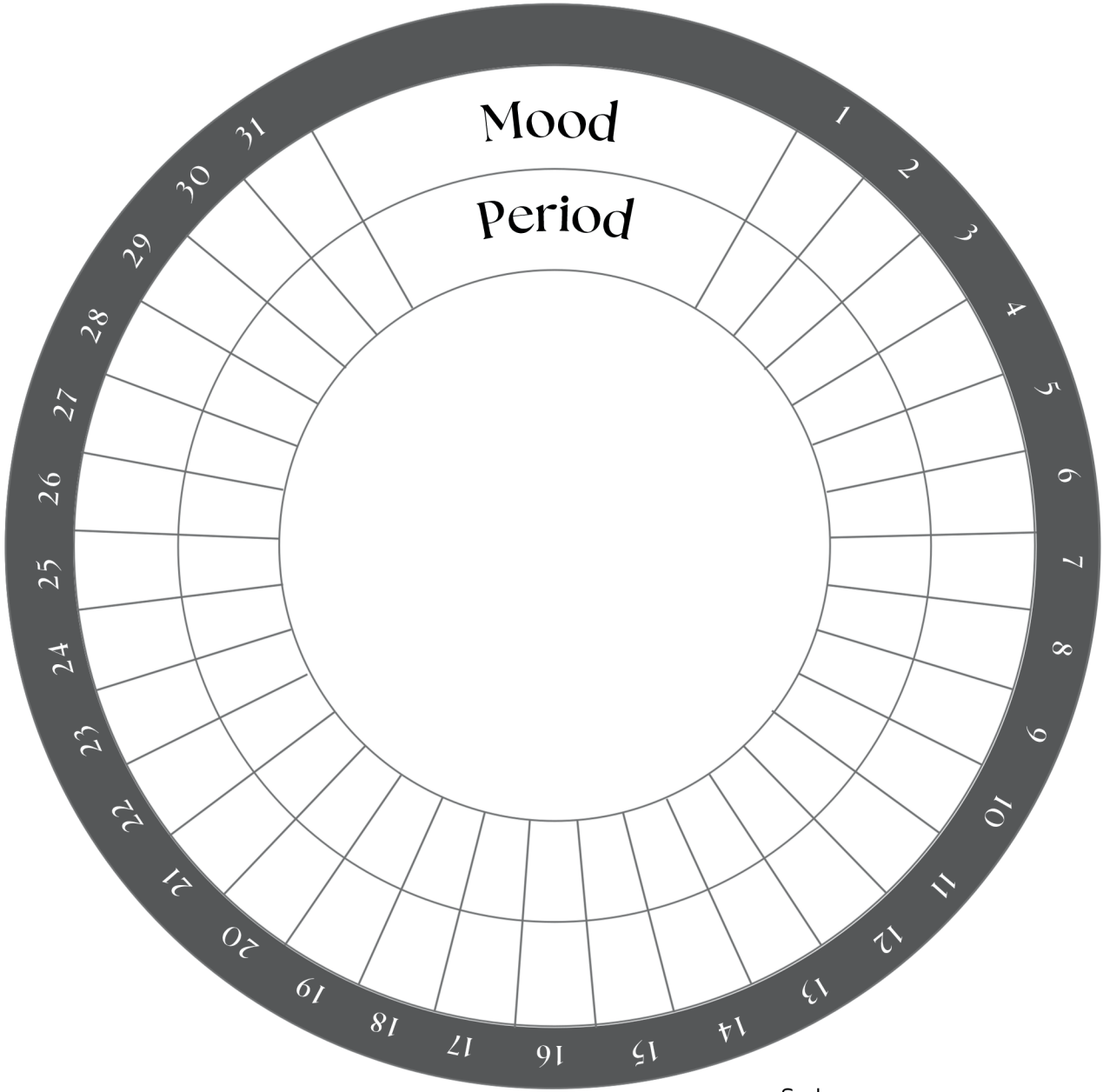


Mood/Period Tracker

MONTH:



Keys:

<input type="checkbox"/>	Heavy	<input type="checkbox"/>	Medium	<input type="checkbox"/>	Light
<input type="checkbox"/>	Cramps	<input type="checkbox"/>	Fatigue	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>	Happy	<input type="checkbox"/>	Irritable	<input type="checkbox"/>	Anxious
<input type="checkbox"/>	Depression	<input type="checkbox"/>		<input type="checkbox"/>	

Monthly Trends

Details

First Day of Period	
Length of Period	
Physical Symptoms This Month <i>(mark severity 1-10 with 10 being the highest)</i>	
Mood Symptoms This Month <i>(mark severity 1-10 with 10 being the highest)</i>	

Insights

Which physical symptoms track with which mood symptoms?	
Were there any stressors or life things that might have had an impact?	
Did anything you tried to help seem to make a difference?	
What could you try next month based off of the patterns you're noticing?	