

Menstrual / Pain Diary

Christchurch Women's Hospital

Month

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Menstrual Flow (see box 1)																															
Pain (see box 2)																															

Month

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Menstrual Flow (see box 1)																															
Pain (see box 2)																															

Month

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Menstrual Flow (see box 1)																															
Pain (see box 2)																															

Box 1

Pain:
 +++ Severe: Requiring strong painkillers. Not able to do normal activities.
 ++Moderate: Needing mild painkillers but can carry on normal activities.
 + Mild: But not needing painkillers.

Box 2

Menstrual flow
 +++ Heavy: Large clots and/or flooding. Needing sanitary towel as well as tampons. Makes you house bound.
 ++Moderate: Regular changes of towels or tampons. No social inconvenience.
 + Light: Need some protection to prevent staining of underwear.
 S: Spotting