


<p>What is the length of your cycle? From Day 1 of Period to Day before next period.</p>							25-35 days
<p>Rate your period pain from 0-10 (0=none, 10 = extreme pain)</p>							0-3 (ideally 0)
<p>How many painkillers do you take over the course of your period?</p>							ideally 0
<p>What is your first day of bleeding like? Bright red, full flow or brown spotting</p>							Should be full red flow, no spotting
<p>How many days did you bleed for?</p>							2-7 day bleed
<p>Do you experience blood clots? Describe how many and what size (relate to a 5c, 10c, 20c or 50c piece).</p>							Small and only few blood clots
<p>Do you experience symptoms of PMS? (sore breasts, mood changes, depression for the week prior, fluid retention, bloating, food cravings, acne etc)</p>							Nil
<p>Do you experience abnormal discharge? (thrush, bacterial vaginosis etc)</p>							Cervical mucous changes prior to ovulation
<p>How much blood are you losing each period?</p> <p>Please mark in the appropriate column how many sanitary products per day of your cycle you used depending on how full they were. Whether they were full, ¾ full, ½ full or ¼ full.</p> <p>Then calculate the amount of mls lost for your last cycle.</p> <p>If you are using a liner, you are most likely spotting and this blood loss is difficult to calculate.</p>		Full	¾	½	¼	Amount of Mls	<p>No more than 80ml blood loss. No more than 8 filled super tampons or pads No more than 16 filled regular tampons or pads</p> 
<p>Day 1</p>	Super (10ml)						
	Regular (5ml)						
	Liner (2.5ml)						
<p>Day 2</p>	Super (10ml)						
	Regular (5ml)						
	Liner (2.5ml)						
<p>Day 3</p>	Super (10ml)						
	Regular (5ml)						
	Liner (2.5ml)						
<p>Day 4</p>	Super (10ml)						
	Regular (5ml)						
	Liner (2.5ml)						
<p>Day 5</p>	Super (10ml)						
	Regular (5ml)						
	Liner (2.5ml)						
<p>Day 6</p>	Super (10ml)						
	Regular (5ml)						
	Liner (2.5ml)						
<p>Day 7</p>	Super (10ml)						
	Regular (5ml)						
	Liner (2.5ml)						