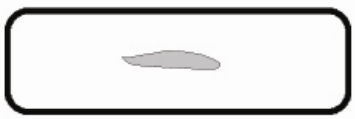
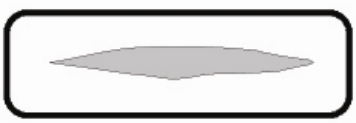
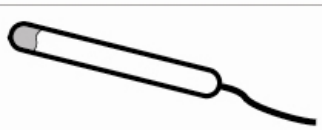
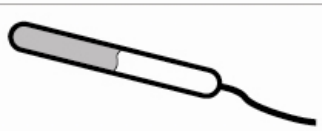
The numbers 1-8 represent the consecutive days of your menstrual period. Please record for each day, the number of pads you used that match each illustration.

Pad	1	2	3	4	5	6	7	8
								
								
Clots (Yes/No)								

The numbers 1-8 represent the consecutive days of your menstrual period. Please record for each day, the number of tampons you used that match each illustration.

Tampon	1	2	3	4	5	6	7	8
								
								
Clots (Yes/No)								