



MENSTRUATION FRIENDLY

Menstrual Health Tracker

“Tracking your menstrual cycle and symptoms provides valuable information that can help clinicians identify patterns, assess the severity of symptoms and decide which investigations or treatments may be most appropriate.”

Royal College of Obstetricians and Gynaecologists

A small calendar grid is placed on a dark red surface next to a white sanitary pad. The calendar shows a 31-day cycle. Days 1 through 8 are in red. Days 17, 18, 19, and 20 are crossed out with red 'X' marks. Days 21 through 29 are in red. Days 30 and 31 are in black. The grid is tilted slightly to the right.

						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						

Introduction

Menstrual health is an important part of overall health and wellbeing. For many people, the menstrual cycle brings manageable changes in energy, mood or comfort. For others, symptoms can be significant and disruptive.

Conditions such as endometriosis, adenomyosis, Polycystic Ovary Syndrome (PCOS), fibroids and Premenstrual Dysphoric Disorder (PMDD) can affect daily life, work and wellbeing.

Tracking your cycle and symptoms can help you:

- understand patterns in your health
- prepare for conversations with healthcare professionals
- explain the impact symptoms have on your life
- identify what helps and what makes symptoms worse
- feel more confident advocating for the support you need

You do not need to track everything perfectly. The aim is simply to notice patterns over time.

Many healthcare professionals recommend tracking symptoms for at least three months, as this can provide useful information for diagnosis and treatment decisions.



Understanding the menstrual cycle

The menstrual cycle is the hormonal process that prepares the body for possible pregnancy each month.

A typical cycle lasts between 21 and 35 days, although it can vary between individuals and across different life stages.

The cycle includes four main phases:

Menstruation

The period itself. The lining of the uterus sheds and bleeding occurs.

Follicular/Proliferative phase

Hormones begin preparing the body to release an egg.

Ovulation

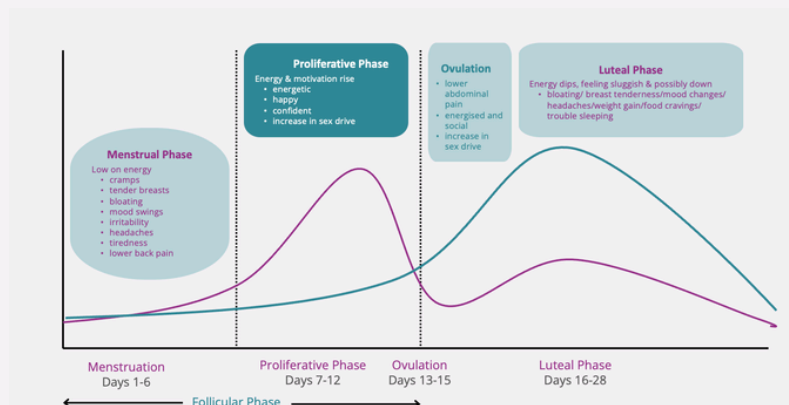
An egg is released from the ovary.

Luteal phase

Hormones change again as the body prepares for the next cycle.

Some people notice physical, emotional or cognitive changes at different stages of the cycle.

Tracking your symptoms can help you identify patterns across these phases.



How to use this tracker

You may find it helpful to track:

- when your period starts and ends
- physical symptoms
- emotional symptoms
- energy levels
- impact on work or daily activities
- medication taken
- things that help or worsen symptoms

Try to complete the tracker daily or every few days. Even partial information can be useful.

At the end of each month, reflect on what you've noticed.

Symptom severity scale

You may find it helpful to rate symptoms on a scale:

- 1-3 = mild
- 4-6 = moderate
- 7-10 = severe

Severity is personal.

The key question is:

How much does this symptom affect your daily life?





Daily menstrual health tracker

Date:

Cycle day (optional):

Are you bleeding today?

- No
- Light
- Moderate
- Heavy

Pain level (0-10):

Type of pain (tick if relevant):

- pelvic pain
- abdominal cramps
- back pain
- leg pain
- bowel pain
- pain during sex
- other:

Other physical symptoms

- fatigue
- nausea
- headaches or migraines
- bloating
- digestive symptoms
- dizziness
- other:



Emotional or cognitive symptoms

- low mood
- anxiety
- irritability
- brain fog
- difficulty concentrating
- sleep problems
- other:

Energy levels

- high
- moderate
- low
- exhausted

Impact on daily life

- none
- mild disruption
- moderate disruption
- severe disruption

Impact on work or study

- no impact
- harder to concentrate
- reduced productivity
- needed rest or time off
- unable to work

Medication or treatments used

Did anything help?

Additional notes:



Monthly reflection

At the end of each month, take a few minutes to reflect.

What symptoms appeared most often?

Were symptoms worse at a particular time in your cycle?

Did symptoms affect work, study or daily life?

What helped manage symptoms?

What made symptoms worse?

Preparing for a healthcare conversation

If you choose to speak to a healthcare professional, bringing your symptom tracking can be very helpful.

You may wish to share:

- how long symptoms have been happening
- how severe they are
- how they affect work or daily life
- whether symptoms follow a monthly pattern
- treatments you have already tried

Many people find it helpful to write down their top three concerns or priorities before the appointment.

Remember

Your symptoms are valid.

If something feels unusual, painful or disruptive, it is reasonable to seek support and ask questions.

Tracking your symptoms is one step toward understanding your health and advocating for the care you deserve.





USEFUL RESOURCES

NICE

National Institute for
Health and Care Excellence

[NICE Guidelines](#)

ENDOMETRIOSISUK

[Endometriosis UK](#)

NHS

[NHS Guidance on
PCOS](#)

NHS

[NHS Guidance on
Endometriosis](#)

NHS

[NHS Guidance on
Adenomyosis](#)

NHS

[NHS Guidance on
PMS and PMDD](#)

**THE
PMDD
PROJECT**

[The PMDD
Project](#)

NAPS
National Association for
Premenstrual Syndrome

[NAPS \(National
Association for
Premenstrual
Syndromes\)](#)