

Menstrual Bleeding and Pelvic Pain Record Chart

Patient : _____

NaSH No : _____

Year : _____

Month	1	2	3	5	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
Jan																															
Feb																															
Mar																															
Apr																															
May																															
Jun																															
Jul																															
Aug																															
Sept																															
Oct																															
Nov																															
Dec																															

TYPE OF VAGINAL BLEEDING: **X Normal** **+ Light** **■ Heavy (clots/flooding)** **★ Spotting** **✓ Bleeding after sex**
SEVERITY OF PELVIC PAIN: **1-5: From 1 for mild pain to 5 for severe pelvic pain**

Please don't forget to take this chart with you when you visit your doctor or nurse.