



Charting Fluid Observations		In-App Charting
menstruation, any bleeding	H = Heavy M = Medium L = Light S = Spotting B = Brown	
dryness		progesterone
pasty		
begins moist		rising estrogen
becomes stretchy, clear, slippery		estrogen

Charting Physical Symptoms	Emotional Symptoms	In-App Charting
Cramps, Bloating, Breast Tenderness		
Fatigue	Crying Spells Social Withdrawal	
Dizzy Spells		
Headache	Anxiety	
	Mood Swings	



name

date

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	32	33	34	35