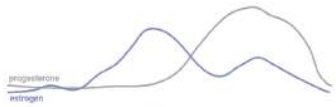
teenFEMM

Practice Chart

teenFEMM – Grade 8 | Lesson 5

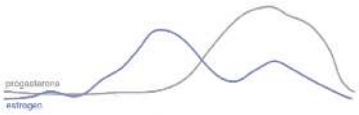


Charting Fluid Observations		In-App Charting
menstruation, any bleeding	H = Heavy M = Medium L = Light S = Spotting B= Brown	
dryness		progesterone
pasty		low estrogen
begins moist		rising estrogen
becomes stretchy, clear, slippery		estrogen

FEMM

name Misha

	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
date																																			
color																																			
symbol																																			
notes																																			



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