

CHART YOUR PROGRESS

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Name:

Date of Commencement:

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FILL IN THE CALENDER USING THE FOLLOWING SYMBOLS:

M: Menstruation

I: Irritability

VM: Vaginal Mucus

J: Joyful

TH: Temperature High

P: Period Pain

H: Headache

B: Breast Tenderness

V: Vacation

TL: Temperature Low

C: Constipation

D: Depression

OP: Ovulation Pain

MP: Muscle Pain

♥: Love Making