









# MENSTRUAL CHART AND SCORING SYSTEM








DATE OF START

/  /   
 Day    Month    Year

**INSTRUCTIONS:** Write down the number of pads/tampons used per day based on how saturated they are for each day of your period. If longer than 10 days, please continue to score using a second chart. If you have any blood clots, note how many and the size of each clot for each day. See scoring system on the right for how to measure clot size.<sup>1</sup> If you have any flooding or gushing that is enough to affect your daily activities and quality of life, put a "1" for that day. If you are using menstrual cups, we recommend using a cup with volume markings. Please enter the volume of your cup in the box. Then enter the letter corresponding to the amount of blood in the table.

PADS	Day	1	2	3	4	5	6	7	8	9	10	Scoring	Points
Lightly stained 												1 point for each pad	
Moderately soiled 												5 points for each pad	
Completely saturated 												20 points for each pad	
Small clot (like a grape)												1 point for each clot	
Large clot (like a strawberry)												5 points for each clot	
Flooding												5 points for each day	

TAMPONS	Day	1	2	3	4	5	6	7	8	9	10	Scoring	Points
Lightly stained 												1 point for each tampon	
Moderately soiled 												5 points for each tampon	
Completely saturated 												10 points for each tampon	
Small clot (like a grape)												1 point for each clot	
Large clot (like a strawberry)												5 points for each clot	
Flooding												5 points for each day	

MENSTRUAL CUPS		Day	1	2	3	4	5	6	7	8	9	10	Points
Cup volume (mL) <input type="text"/>	Scoring choices												
	 <b>0</b> 0 points  <b>A</b> points  <b>B</b> points  <b>C</b> points  <b>D</b> points  <b>E</b> points  <b>F</b> points												
Menstrual cup 1													
Menstrual cup 2													

**TOTAL POINTS**

If your total is more than 100, please see a doctor.