









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

TOTAL POINTS

If your total is more than 100, it is likely you have heavy menstrual bleeding, please see a doctor to discuss these results.