	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
Libido *1/10 intensity*																															
Ovulation 1/10 *P=pain A=aware/ R=right L=left*																															
Spotting L-light, H-heavy																															
PMS 1/10																															
PMS PAIN 1/10																															
Acne 1/10																															
Flow H-heavy, L-light																															
PAIN 1/10																															
Clots S-small, M medium L-large																															
Colour L-light, D-dark																															
Pain Head 1/10																															

	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
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