







Menstrual Bleeding Tracker




Write down or tally the number of pads, tampons, and menstrual discs or cups used per day based on how saturated they are when you remove them. At the bottom of each section, also mark any clots you notice when you change products and how large they are (dime, quarter, or larger).

DATE OF START:

___/___/___

Pads	Day 1	2	3	4	5	6	7	8	9	10
										
										
										
Clots: Size and #										

Tampons	Day 1	2	3	4	5	6	7	8	9	10
										
										
										
Clots: Size and #										

Disc/Cups	Day 1	2	3	4	5	6	7	8	9	10
										
										
										
Clots: Size and #										

Remember, see your doctor about heavy menstrual bleeding if you:

- Are bleeding longer than seven days
- Soak through one or more products every hour for several hours in a row
- Pass large blood clots (larger than a quarter)
- Need to layer multiple products
- Wake at night to change protection
- Or avoid work, school, travel, or social events due to fear of leaking

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