Huffman Wellness
Acupuncture & Herbal Center
www.huffmanwellness.com

Cycle At A Glance

CONFIDENTIAL

813-831-6080 | 4721 W. Kensington Ave. | Tampa, FL | 33629

Name _____
Date _____
Date of LMP _____

Cycle Length _____
# of days of spotting prior to period _____
# of days of spotting after period _____

CYCLE

Day 1	□ Spotting	□ Heavy	□ Moderate	□ Scanty	□ Brown	□ Red	□ Purple	□ Crimson	□ Clots
Day 2	□ Spotting	□ Heavy	□ Moderate	□ Scanty	□ Brown	□ Red	□ Purple	□ Crimson	□ Clots
Day 3	□ Spotting	□ Heavy	□ Moderate	□ Scanty	□ Brown	□ Red	□ Purple	□ Crimson	□ Clots
Day 4	□ Spotting	□ Heavy	□ Moderate	□ Scanty	□ Brown	□ Red	□ Purple	□ Crimson	□ Clots
Day 5	□ Spotting	□ Heavy	□ Moderate	□ Scanty	□ Brown	□ Red	□ Purple	□ Crimson	□ Clots
Day 6-7	□ Spotting	□ Heavy	□ Moderate	□ Scanty	□ Brown	□ Red	□ Purple	□ Crimson	□ Clots

PMS

□ Low Back Pain □ Irritability □ Night Sweats
□ Ovulation Pain □ Tender / Weepy □ Loose Stool
□ Tender Breasts □ Fatigue

CRAMPING

□ Uterus
□ Groin
□ Low Back

MEDICINES TAKEN

□ Aspirin □ Aleve □ Other
□ Motrin □ Midol
□ Tylenol □ Ibuprofen

How Many per Day? _____

Which day of your Cycle _____

Date _____
Date of LMP _____
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