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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. If you have any flooding or gushing that is enough to affect your daily activities and quality of life, put a check for that day.

DATE OF START _____ / _____ / _____
month day year

Pads	Day 1	2	3	4	5	6	7	8	9	10
Clots: size and # Flooding: check mark										

Tampons	Day 1	2	3	4	5	6	7	8	9	10
Clots: size and # Flooding: check mark										

Scoring system

Pads

- 1 point** for each lightly stained pad
- 5 points** for each moderately soiled pad
- 20 points** for each completely saturated pad

Tampons

- 1 point** for each lightly stained tampon
- 5 points** for each moderately soiled tampon
- 10 points** for each completely saturated tampon

Clots

- 1 point** for small clots (like a grape)
- 5 points** for large clots (like a strawberry)

TOTAL POINTS

If your total is more than 100, see a health care professional.

Source: Jenny M. Higham, P. M. S. O'Brien, R.W. Shaw. Assessment of menstrual blood loss using a pictorial chart. *British Journal of Obstetrics and Gynaecology*, August 1990, vol. 97, pp. 734-739