
Three-Month Cycle Calendar

If you have periods or are at midlife (Chapter 8). Each week: period days (heavy or light); symptoms 0 to 3 (none, mild, moderate, severe), counting night sweats with hot flushes; stress 0 to 10.

Week	Period days	Tired	Hot flushes	Poor sleep	Mood	Stress
1						
2						
3						
4						
5						
6						

Weeks 7 to 12: use a second copy of this page. **After twelve weeks:** which symptoms follow your cycle, which follow your pressure, and which are **steady and getting worse**? Are your periods heavier than before? For abnormal bleeding, see the safety flag in Chapter 8.