


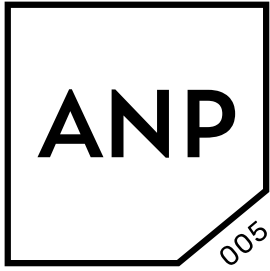
ALL NATURAL PHARMACY

Monthly Report Card



	PUPIL'S NAME										
SUBJECT	MENSTRUAL CYCLE		MONTHLY REPORT CARD								
TEACHER	DR. UTERUS										
AVERAGE CYCLE LENGTH					Days						
COLOUR OF BLOOD	Black	Brown	Pink	Light Red	Fresh Red	Dark Red	Crimson	Purple	• Fresh red flow		
BLOOD FLOW	Scanty		Light		Medium		Heavy		Flooding		
BLEED DAYS	1-2		3-5		5-7		7+		• No clots		
ODOUR	Yes	No									
TEXTURE	Clots			Tissue			Normal				
TYPES OF PAIN	Stabbing	Cramping	Dull	Gripping	Aching	Burning	No Pain	Other:			
PAIN LEVEL	1	2	3	4	5	6	7	8	9	10	
OTHER (circle multiple if needed)	Acne	Breast Tenderness	Nausea	Fatigue	Night sweats	Bloating	Headaches	Moodiness	Sleep Disturbances		
DATE OF LAST PAP SMEAR											
TEACHER'S NOTES							SIGNED 				





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