

MY SYMPTOMS

- MUNCHIES
- HEADACHE
- ACNE
- CRAMPS
- TIRED

MY PERIOD

ADD A COLOUR CODE:

- LIGHT
- MEDIUM
- HEAVY

Period TRACKER

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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MY FLOW

- LIGHT
- MEDIUM
- HEAVY



Free and downloadable from our website, this Period Tracker is brought to you by the team behind Girlhood: The Story. We hope you enjoy using this tracker as much as we have enjoyed designing it!

USE THIS PERIOD TRACKER TO:

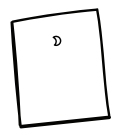
- Keep on top of your monthly cycle
- Identify and understand your body's unique patterns
- Note any similarities or differences that might occur with your period, and throughout the month

ABOUT GIRLHOOD: THE STORY

Girlhood: The Story is part-journal, part-guide. Designed specifically for young girls aged 8 to 14, Girlhood: The Story: invites you to capture your own unique story of growing up gives you a space for creativity provides you with information about the changes your body will go through.

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GIRLHOOD
THE STORY