Period: 4 Heavy with Clots Symptom: 4 Disabling

3 Heavy 3 Severe, but can get on with activities

2 Moderate 2 Moderate

1 Light/Spotting 1 Mild

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| Date |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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