







Menstrual Period Log (Menstrual Cycle Diary)

Month: _____

	Pads			Tampons			Clots		Flooding	Score
Date	Light  (1 pt each)	Medium  (5 pts each)	Heavy  (20 pts each)	Light  (1 pt each)	Medium  (5 pts each)	Heavy  (10 pts each)	5 cent size (1 pt each)	25 cent size (5 pts each)	1 pt each episode	
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										
									Total	

INSTRUCTIONS (to fill out the log)

Each row represents a day of the month

Count the number of sanitary pads and/or tampons you use each day (24 hour period).

Calculate a score for each day, then add up the score at the end of the month.







Bleeding between periods - If you also experienced bleeding between periods that required sanitary protection please record this on the relevant days.

Clots – if you pass clots, please indicate this on the relevant days and the approximate size (ie. closer to an Australian 5 cent or 50 cent piece).

Flooding – if you experience any episodes of ‘flooding’/overflowing/staining of clothing/underwear please indicate the number of episodes on the relevant days.







Double protection – if you have used both a pad and tampon simultaneously and both sanitary items were stained with blood don’t forget to include both sanitary items on the PBAC.

PBAC Scoring System

Pads		
1 point	For each lightly stained pad	
5 points	For each moderately stained pad	
20 points	For each completely saturated pad	
Tampons		
1 point	For each lightly stained tampon	
5 points	For each moderately stained tampon	
10 points	For each completely saturated tampon	
Clots/Flooding		
1 point	For each small clot (5 cent coin)	
5 points	For each large clot (25 cent coin)	
5 points	For each episode of flooding	

EXAMPLE

Month: January 2009

Date	Pads			Tampons			Clots		Flooding 5 pts each episode	Score
	Light  (1 pt each)	Medium  (5 pts each)	Heavy  (20 pts each)	Light  (1 pt each)	Medium  (5 pts each)	Heavy  (10 pts each)	5 cent size (1 pt each)	25 cent size (5 pts each)		
1										
2										
3										
4										
5										
6										70
7										55
8										25
9										12
10										2
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										
31										
									Total	164

