

PERIOD TRACKER

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| KEY | |
|--------------------------|----------|
| <input type="checkbox"/> | SPOTTING |
| <input type="checkbox"/> | LIGHT |
| <input type="checkbox"/> | MEDIUM |
| <input type="checkbox"/> | HEAVY |
| <input type="checkbox"/> | CRAMPS |
| <input type="checkbox"/> | TIRED |
| <input type="checkbox"/> | FATIGUE |
| <input type="checkbox"/> | ACNE |
| <input type="checkbox"/> | HEADACHE |

| CYCLE LENGTH | |
|--------------|--|
| JANUARY | |
| FEBRUARY | |
| MARCH | |
| APRIL | |
| MAY | |
| JUNE | |
| JULY | |
| AUGUST | |
| SEPTEMBER | |
| OCTOBER | |
| NOVEMBER | |
| DECEMBER | |

NOTES
