








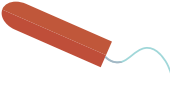
Menstrual Chart & Scoring System

Developed through a Cooperative Agreement with the Centers for Disease Control and Prevention

DATE OF START / /
 month day year

SCORE
 If your total score is more than 100, see a health care professional

Pads	1	2	3	4	5	6	7	8	9	10
										
										
										
Clots/flooding Clots: size										

Tampons	1	2	3	4	5	6	7	8	9	10
										
										
										
Clots/flooding Clots: size										

Scoring system

Pads

1 point for each lightly stained pad

5 points for each moderately soiled pad

20 points if the pad is completely saturated with blood

Tampons

1 point for each lightly stained tampon

5 points for each moderately soiled tampon

20 points if the tampon is completely saturated with blood

Clots

1 point for small clots

5 points for large clots

Source: Jenny M. HIGHAM, P. M. S. O'BRIEN, R.W. SHAW, Assessment of menstrual blood loss using a pictorial chart, British Journal of Obstetrics and Gynaecology, August 1990, Vol. 97, pp. 734-739

If your period lasts longer than 10 days, please continue to score using a second chart.