# PERIOD TRACKER

## DESIGNED TO SUPPORT YOU IN MONITORING YOUR CYCLE

women's wellbeing
west wales
gynaecology · menopause · ultrasound

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### PERIOD TRACKER

- ☐ Spotting
- ☐ Light
- ☐ Medium
- ☐ Heavy

### SYMPTOMS KEY

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

### NOTES

HTTPS://WWW.CYMRU/

HELLO@WWW.CYMRU