MY PERIOD TRACKER

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
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KEY:

- Spotting
- Light
- Medium
- Heavy
- Headache
- Cramps
- Acne

MOODS:

- T — Tired
- E — Energetic
- I — Irritated

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