My period tracker

I track,
I know myself.

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
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My flow

- Light
- Medium
- Heavy
- Spotting

I feel...

Add your symptoms

- Great
- Angry
- Social
- Sad
- Focused
- Unfocused
- Creative
- Always tired
- Constipated
- Cramps
- Sore boobs
- Bloated
- Breakouts
- Period poo
- Insomnia
- Hungry/Cravings

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@theflowdownlow