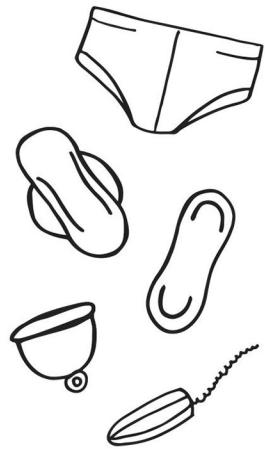


PERIOD TRACKER



MY SYMPTOMS

- MUNCHIES
- HEADACHE
- ACNE
- CRAMPS
- TIRED

MY PERIOD

ADD A COLOUR CODE:

- LIGHT
- MEDIUM
- HEAVY

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER																				
	<input type="radio"/>																															

MY FLOW

- LIGHT
- MEDIUM
- HEAVY



USE THIS PERIOD TRACKER TO:

- 1) KEEP ON TOP OF YOUR MONTHLY CYCLE
- 2) IDENTIFY & UNDERSTAND YOUR BODY'S UNIQUE PATTERNS
- 3) NOTE ANY SIMILARITIES OR DIFFERENCES THAT MIGHT OCCUR WITH YOUR PERIOD, & THROUGHOUT THE MONTH

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