

start date

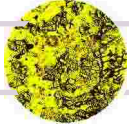
Sympto-Ferning Chart for One Cycle

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 32 33 34 35 36 37 38 39 40

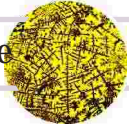
Dotted



Mixed



Fernlike



Bleeding/ Spotting

Bowel changes

Breast tenderness

Pre-menstrual Tension

Abdominal pain

Increased sexual desire

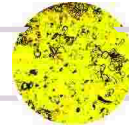
Headaches

start date

Sympto-Ferning Chart for One Cycle

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 32 33 34 35 36 37 38 39 40

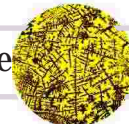
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