




Menstrual chart and scoring system




Date of start

day	month	year

Score

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Towel	1	2	3	4	5	6	7	8
								
								
								
Clots/flooding <i>Clots: size</i>								

Tampon	1	2	3	4	5	6	7	8
								
								
								
Clots/flooding <i>Clots: size</i>								

Scoring system

Towels

1 point for each lightly stained towel

5 points for each moderately soiled towel

20 points if the towel is completely saturated with blood

Tampons

1 point for each lightly stained tampon

5 points for each moderately soiled tampon

10 points if the tampon is completely saturated with blood

Clots

1 point for small clots

5 points for large clots

Source: U.K. Haemophilia Society, *A Guide for Women Living with von Willebrand's*