## Menstrual chart and scoring system

### Date of start
- Day
- Month
- Year

### Score

#### 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

### Towel

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Towel 1" /></td>
<td><img src="image2.png" alt="Towel 2" /></td>
<td><img src="image3.png" alt="Towel 3" /></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Clots/flooding
- *Clots: size*

<table>
<thead>
<tr>
<th></th>
<th>1</th>
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<th>4</th>
<th>5</th>
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<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image4.png" alt="Clots 1" /></td>
<td><img src="image5.png" alt="Clots 2" /></td>
<td><img src="image6.png" alt="Clots 3" /></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Tampon

<table>
<thead>
<tr>
<th></th>
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<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image7.png" alt="Tampon 1" /></td>
<td><img src="image8.png" alt="Tampon 2" /></td>
<td><img src="image9.png" alt="Tampon 3" /></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

### Clots/flooding
- *Clots: size*