



# Menstrual Chart & Scoring System

DATE OF START      /      /       
 month      day      year

SCORE       
 If your total score is more than 100,  
 see a health care professional

Pads	1	2	3	4	5	6	7	8	9	10
										
										
										
Clots/flooding Clots: size										

Tampons	1	2	3	4	5	6	7	8	9	10
										
										
										
Clots/flooding Clots: size										

## Scoring system

### Pads

- 1 point for each lightly stained pad
- 5 points for each moderately soiled pad
- 20 points if the pad is completely saturated with blood

### Tampons

- 1 point for each lightly stained tampon
- 5 points for each moderately soiled tampon
- 20 points if the tampon is completely saturated with blood

### Clots

- 1 point for small clots
- 5 points for large clots

Source: Jenny M. HIGHAM, P. M. S. O'BRIEN, R.W. SHAW, Assessment of menstrual blood loss using a pictorial chart, British Journal of Obstetrics and Gynaecology, August 1990, Vol. 97, pp. 734-739

If your period lasts longer than 10 days, please continue to score using a second chart.