Back



Participant ID: \_\_l\_\_l\_\_l\_\_l\_\_l\_\_l\_\_l

Date: l\_\_l\_\_l/l\_\_l\_\_l/l\_\_l\_\_l\_\_l\_\_l

School:

Estimated date of menarche onset: l\_\_l\_\_l/l\_\_l\_\_l/l\_\_l\_\_l\_\_l\_\_l

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 1** | **School** | **Period** |  |  |
|  **Day** | **Date** |  **Yes Half day No Holiday Travelled** | **No Light period Moderate period Heavy period** |  |  |
| Sunday | 29 Jan 17  |  |  |  |  |
| Monday | 30 Jan 17 |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 2** | **School** | **Period** |  |  |
|  **Day** | **Date** |  **Yes Half day No Holiday Travelled** | **No Light period Moderate period Heavy period** |  |  |
| Sunday |  |  |  |  |  |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 3** | **School** | **Period** |  |  |
|  **Day** | **Date** |  **Yes Half day No Holiday Travelled** | **No Light period Moderate period Heavy period** |  |  |
| Sunday |  |  |  |  |  |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 4** | **School** | **Period** |  |  |
|  **Day** | **Date** |  **Yes Half day No Holiday Travelled** | **No Light period Moderate period Heavy period** |  |  |
| Sunday |  |  |  |  |  |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 5** | **School** | **Period** |  |  |
|  **Day** | **Date** |  **Yes Half day No Holiday Travelled** | **No Light period Moderate period Heavy period** |  |  |
| Sunday |  |  |  |  |  |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 6** | **School** | **Period** |  |  |
|  **Day** | **Date** |  **Yes Half day No Holiday Travelled** | **No Light period Moderate period Heavy period** |  |  |
| Sunday |  |  |  |  |  |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 7** | **School** | **Period** |  |  |
|  **Day** | **Date** |  **Yes Half day No Holiday Travelled** | **No Light period Moderate period Heavy period** |  |  |
| Sunday |  |  |  |  |  |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 8** | **School** | **Period** |  |  |
|  **Day** | **Date** |  **Yes Half day No Holiday Travelled** | **No Light period Moderate period Heavy period** |  |  |
| Sunday |  |  |  |  |  |
| Monday |  |  |  |  |  |
| Tuesday |  |  |  |  |  |
| Wednesday |  |  |  |  |  |
| Thursday |  |  |  |  |  |
| Friday |  |  |  |  |  |
| Saturday |  |  |  |  |  |

February 2017 March 2017

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday1 | Thursday2 | Friday3 | Saturday4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday1 | Thursday2 | Friday3 | Saturday4 |
| 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 |  |

April 2017 May 2017

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday1 |
| 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 |  |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday1 | Tuesday2 | Wednesday3 | Thursday4 | Friday5 | Saturday6 |
| 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 |  |  |  |