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| **Question** | **Incorporates** | **Answer** |
| **Regularity** |  |  |
|  |  |  |
| **Timing** |  |  |
|  |  |  |
| **Flow** |  |  |
|  |  |  |
| **Colour** |  |  |
|  |  |  |
| **Amount** |  |  |
|  |  |  |
| **Bookends** | Getting going and finishing |  |
|  |  |  |
| **Breast changes** |  |  |
|  |  |  |
| **Headaches** |  |  |
|  |  |  |
| **Mood shifts** |  |  |
|  |  |  |
| **Emotions** |  |  |
|  |  |  |
| **Gut issues** |  |  |
|  |  |  |
| **Pain** – when? |  |  |
| Where? |  |  |
| How feels? |  |  |
| What helps? |  |  |
| Worsens? |  |  |
| **Bladder issues** |  |  |
| **Vaginal probs** |  |  |
| **General other** |  |  |
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