

Breast Pain diary for 2-3 cycles to confirm cyclicity and severity

Month1

date	1	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	31	
Degree of breast pain + / ++ / +++																																
Bleeding episode																																

Comments- what made pain better

what made pain worse

Month2

date	1	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	31	
Degree of breast pain + / ++ / +++																																
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Comments- what made pain better

what made pain worse

