PERIOD DIARY BY BABY NEWT · 100% PRIVATE PAPER & ON-DEVICE CYCLE TRACKER

Year: _____

12-Cycle Menstrual, Ovulation, Flow Strength & Doctor Visit Log

Typical Cycle / Period: ____d / ____d

Your cycle data belongs to you—never to an ad broker or a $60/year cloud subscription. Use this clean clinical sheet for your personal binder or OB/GYN visit, or track 100% locally in SQLite on your phone with **Period Diary 4.0**.

12-Cycle Clinical Summary Table (Bring to Your Next Doctor Appointment)

Cycle #	Period Start	Period End	Length	Peak Flow	Est. Ovulation	Luteal / Personal Notes
Cycle 1	____/____/____	____/____/____	____ d	L / M / H / VH	____/____/____	_____
Cycle 2	____/____/____	____/____/____	____ d	L / M / H / VH	____/____/____	_____
Cycle 3	____/____/____	____/____/____	____ d	L / M / H / VH	____/____/____	_____
Cycle 4	____/____/____	____/____/____	____ d	L / M / H / VH	____/____/____	_____
Cycle 5	____/____/____	____/____/____	____ d	L / M / H / VH	____/____/____	_____
Cycle 6	____/____/____	____/____/____	____ d	L / M / H / VH	____/____/____	_____
Cycle 7	____/____/____	____/____/____	____ d	L / M / H / VH	____/____/____	_____
Cycle 8	____/____/____	____/____/____	____ d	L / M / H / VH	____/____/____	_____
Cycle 9	____/____/____	____/____/____	____ d	L / M / H / VH	____/____/____	_____
Cycle 10	____/____/____	____/____/____	____ d	L / M / H / VH	____/____/____	_____
Cycle 11	____/____/____	____/____/____	____ d	L / M / H / VH	____/____/____	_____

Cycle 12	____/____/____	____/____/____	____ d	L / M / H / VH	____/____/____	_____ _____

■ **Want Automatic Luteal Predictions, a Home Screen Widget & 1-Tap PDF Export?**

Scan with your phone or tablet camera to open **Period Diary 4.0 (100% Local On-Device SQLite · No Account)** by Baby Newt — **100% Ad-Free · Zero Subscriptions · Works 100% Offline on Flights & Road Trips**.
https://babynewt.com/get/period/?src=pdf-tpt&c;=trojan-pdf&k;=period-doctor-log

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