Period gap log

The first day of each period and the days between them, to show a clinician. No predictions. The fill-in version is at pcostrackerapp.com/tools/period-gap-log/

No predictions. This is a record to show a clinician. It does not predict your next period, ovulation or fertile days.

Write the first day of each period you remember, oldest first. Count the days from one start date to the next.

First day of period	Days since the one before	Note

What the guideline says

> “Irregular menstrual cycles are defined as follows:
>
> 3 years post menarche to perimenopause: <21 or >35 days or <8 cycles per year.
>
> 1 year post menarche >90 days for any 1 cycle.
>
> ” 2023 PCOS guideline, recommendation 1.1.1 (adult lines only).

Long gaps between periods, untreated, raise the risk of thickening and cancer of the lining of the uterus, though the overall chance of cancer is low. (guideline 1.11.2, 1.11.3) If your periods are far apart, ask how the lining will be protected. (guideline 1.11.4)