

SaziBox Health Menstrual Cycle Symptom Tracker

Instructions:

- Track your menstrual cycle and associated symptoms for at least 3 months.
- Note any dietary patterns or specific foods that seem to influence your symptoms.
- Use this information to identify potential triggers and make informed dietary choices.

Dietary Notes:

- What did you eat today?
- Did you notice any connections between your diet and your symptoms?

Additional Notes:

- Any other observations or insights about your cycle or well-being.

Tips for Using the Tracker:

- Be consistent: Track your symptoms and diet daily, even if you don't experience any significant symptoms.
- Be honest: Record your symptoms accurately, even if they seem minor.
- Be observant: Notice any patterns or connections between your diet and your symptoms.
- Be proactive: Use the information you gather to make dietary adjustments that support your well-being.

Disclaimer:

This tracker is for informational purposes only and should not be considered a substitute for professional medical advice. If you have any concerns about your menstrual cycle or health, consult with a healthcare provider.

Download your FREE Symptom Tracker and start taking control of your menstrual health today!