

Pain chart

This chart is intended to help you and your GP or nurse to see when your breast pain occurs.

Record the amount of breast pain you experience each day by shading in each box as shown. For example, if you get severe breast pain on the fifth day of the month then shade in completely the square under 5.

For premenopausal women please note the day your period starts each month with the letter P.



Month

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	

Month

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