December

	My Appointments	Kids	Kids
1			
2	12 p.m.: Lunch meeting w/Robin		
3		4 p.m.: Hailey Soccer practice	
4			
5			
6		7 p.m.: Hailey Soccer Game	
7			
8			
9		4 p.m.: Hailey Soccer practice	
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14		7 p.m.: Hailey Soccer Game	
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Symptoms	Notes/Other
❑ Spotting ❑ Light ❑ Normal ❑ Heavy ❑ Cramping ❑ Headache	
❑ Spotting ❑ Light ❑ Normal ❑ Heavy ❑ Cramping ❑ Headache	
❑ Spotting ❑ Light ❑ Normal ❑ Heavy ❑ Cramping ❑ Headache	
❑ Spotting ❑ Light ❑ Normal ☒ Heavy ☒ Cramping ☒ Headache	SP
❑ Spotting ❑ Light ❑ Normal ☒ Heavy ☒ Cramping ☒ Headache	Cramping, lower left
❑ Spotting ❑ Light ☒ Normal ❑ Heavy ❑ Cramping ❑ Headache	
☒ Spotting ❑ Light ❑ Normal ❑ Heavy ❑ Cramping ❑ Headache	EP
❑ Spotting ❑ Light ❑ Normal ❑ Heavy ❑ Cramping ❑ Headache	
❑ Spotting ❑ Light ❑ Normal ❑ Heavy ❑ Cramping ❑ Headache	
❑ Spotting ❑ Light ❑ Normal ❑ Heavy ❑ Cramping ❑ Headache	
❑ Spotting ❑ Light ❑ Normal ❑ Heavy ❑ Cramping ☒ Headache	
❑ Spotting ❑ Light ❑ Normal ❑ Heavy ❑ Cramping ☒ Headache	
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