

My body diary



Date _____

diary

Today I checked my...

Remember to colour or add your sticker!

A circular sticker with a dashed border containing the text "Today I checked myself".

Today my

felt and looked like...

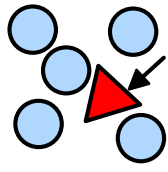
(fill in the space with what you call yours)

Large empty rectangular box for writing.

Version 1: Information was correct as of 30 September 2022.

Health information in these materials are provided by **CoppaFeel!** with oversight from their Medical Advisory Group.

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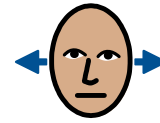


different

I felt like something was different (tick one)



yes



no



what

If yes, what was different. **Write below** or **put a tick** in the boxes that apply.



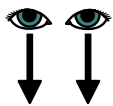
colour

The **colour**



felt

How it **feels**



looked

How it **looks**

If you menstruate, it is normal to feel some pain in your pecs/ breasts around the time of your period.



doctor

If you have noticed a change, you may need to see a doctor. Did you write down who you would tell if you noticed any changes? You should let them know.