



Please mark the menstrual period by circling the dates.

Month _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Worst pain																
Average pain																
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Worst pain																
Average pain																

Month _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Worst pain																
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Worst pain																
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Supplementary Figure 1: Cardiff Breast Pain Chart