

Please mark the menstrual period by circling the dates.

Worst pain
Average pain

| 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 | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| MANAGE IN COLUMN | | 200000 | | | 1000 | | | | | | 2000 | | | | | _ |
| Month | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| Month Worst pain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |

Supplementary Figure 1: Cardiff Breast Pain Chart