

Could I Have Endometriosis?

I am experiencing...



☐ **Abnormal periods:**
Heavy bleeding, bleeding between periods, or bleeding that lasts longer than 7 days

INTENSITY:
1 2 3 4 5 6 7 8 9 10

→



☐ **Abdominal and lower back pain:**
Severe abdominal or lower back pain/cramping, especially during my period

INTENSITY:
1 2 3 4 5 6 7 8 9 10

→



☐ **Pain with sex:**
Pain during or after sex

INTENSITY:
1 2 3 4 5 6 7 8 9 10

→



☐ **Gastrointestinal pain:**
Diarrhea, constipation, bloating, nausea, and/or pain during bowel movements

INTENSITY:
1 2 3 4 5 6 7 8 9 10

→



☐ **Infertility:**
The inability to get pregnant ("conceive") after 12 months of trying

INTENSITY:
1 2 3 4 5 6 7 8 9 10

→



☐ **Fatigue:**
Excessive tiredness that cannot be explained

INTENSITY:
1 2 3 4 5 6 7 8 9 10

→

Notes:

Need help tracking your symptoms? Consider downloading a free period tracker app for your smartphone or tablet, such as *Clue*, *Flo Period Tracker*, or *Eve*.