

# BODY DRAMA January 2008 Discharge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Find more information on vaginal discharge on pages 127-129 of Body Drama!</b></p>	<p>Circle the consistency and color that best represents how your discharge looks on each day of the month! Remember to describe the smell and note any changes or interesting information that you discover.</p> <p>This calendar is also a great way to keep up with your period cycles.</p>	<p>1 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>2 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>3 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>4 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>5 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>
<p>6 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>7 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>8 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>9 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>10 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>11 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>12 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>
<p>13 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>14 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>15 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>16 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>17 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>18 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>19 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>
<p>20 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>21 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>22 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>23 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>24 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>25 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>26 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>
<p>27 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>28 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>29 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>30 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p>31 ON PERIOD? Yes No Discharge Consistency Sticky/Gummy/Creamy/Other Smell (describe) _____ Color Clear/White/Brown/Other _____ NOTES:</p>	<p><b>Remember Nancy's rhyme: If it's clear or white, it's all right. If it smells or it's itchy, something's fishy. See your doctor if you have a concern.</b></p>	<p>www.nancyredd.com</p>

# BODY DRAMA February 2008 Discharge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Find more information on vaginal discharge on pages 127-129 of <i>Body Drama!</i></p>		<p>Circle the consistency and color that best represents how your discharge looks on each day of the month! Remember to describe the smell and note any changes or interesting information that you discover.</p> <p>This calendar is also a great way to keep up with your period cycles.</p>		<p><b>Remember Nancy's rhyme:</b> <i>If it's clear or white, it's all right. If it smells or it's itchy, something's fishy.</i></p> <p><b>See your doctor if you have a concern.</b></p>		
<p>3 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>4 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>5 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>6 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>7 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>8 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>9 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>
<p>10 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>11 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>12 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>13 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>14 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>15 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>16 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>
<p>17 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>18 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>19 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>20 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>21 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>22 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>23 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>
<p>24 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>25 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>26 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>27 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>28 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>29 ON PERIOD? Yes No Discharge Consistency _____ Sticky/Gummy/Creamy/Other _____ Smell (describe) _____ Color _____ Clear/White/Brown/Other _____ NOTES: _____</p>	<p>www.nancyredd.com</p>

# BODY DRAMA March 2008 Discharge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Find more information on vaginal discharge on pages 127-129 of Body Drama!</b></p>		<p>Circle the consistency and color that best represents how your discharge looks on each day of the month! Remember to describe the smell and note any changes or interesting information that you discover.</p> <p>This calendar is also a great way to keep up with your period cycles.</p>	<p><b>Remember Nancy's rhyme:</b></p> <p><i>If it's clear or white, it's all right. If it smells or it's itchy, something's fishy.</i></p> <p><b>See your doctor if you have a concern.</b></p>			
<p><b>2 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>3 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>4 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>5 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>6 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>7 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>8 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>
<p><b>9 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>10 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>11 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>12 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>13 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>14 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>15 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>
<p><b>16 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>17 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>18 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>19 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>20 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>21 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>22 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>
<p><b>23 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>24 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>25 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>26 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>27 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>28 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>29 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>
<p><b>30 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>	<p><b>31 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b> _____</p>					<p>www.nancyredd.com</p>

# BODY DRAMA April 2008 Discharge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>www.nancyredd.com</p>	<p>Circle the consistency and color that best represents how your discharge looks on each day of the month! Remember to describe the smell and note any changes or interesting information that you discover.</p> <p>This calendar is also a great way to keep up with your period cycles.</p>	<p>1 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>2 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>3 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>4 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>5 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>
<p>6 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>7 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>8 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>9 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>10 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>11 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>12 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>
<p>13 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>14 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>15 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>16 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>17 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>18 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>19 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>
<p>20 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>21 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>22 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>23 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>24 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>25 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>26 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>
<p>27 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>28 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>29 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p>30 ON PERIOD? Yes No</p> <p>Discharge Consistency Sticky/Gummy/Creamy/Other</p> <p>Smell (describe) _____</p> <p>Color Clear/White/Brown/Other _____</p> <p>NOTES:</p>	<p><b>Find more information on vaginal discharge on pages 127-129 of Body Drama!</b></p>	<p><b>Remember Nancy's rhyme:</b> <i>If it's clear or white, it's all right. If it smells or it's itchy, something's fishy.</i></p> <p><b>See your doctor if you have a concern.</b></p>	

# BODY DRAMA May 2008 Discharge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Remember Nancy's rhyme:</b> <i>If it's clear or white, it's all right. If it smells or it's fishy, something's fishy.</i></p> <p><b>See your doctor if you have a concern.</b></p>	<p><b>Find more information on vaginal discharge on pages 127-129 of Body Drama!</b></p>	<p><a href="http://www.nancyredd.com">www.nancyredd.com</a></p>	<p>Circle the consistency and color that best represents how your discharge looks on each day of the month! Remember to describe the smell and note any changes or interesting information that you discover.</p> <p>This calendar is also a great way to keep up with your period cycles.</p>	<p>1 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>2 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>3 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>
<p>4 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>5 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>6 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>7 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>8 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>9 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>10 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>
<p>11 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>12 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>13 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>14 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>15 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>16 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>17 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>
<p>18 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>19 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>20 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>21 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>22 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>23 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>24 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>
<p>25 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>26 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>27 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>28 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>29 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>30 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>	<p>31 <b>ON PERIOD?</b> Yes No <b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other <b>Smell</b> (describe) _____ <b>Color</b> Clear/White/Brown/Other _____ <b>NOTES:</b></p>

# BODY DRAMA June 2008 Discharge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>2 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>3 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>4 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>5 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>6 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>7 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>
<p>8 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>9 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>10 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>11 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>12 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>13 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>14 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>
<p>15 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>16 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>17 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>18 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>19 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>20 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>21 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>
<p>22 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>23 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>24 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>25 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>26 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>27 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>28 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>
<p>29 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>30 <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>Find more information on vaginal discharge on pages 127-129 of Body Drama!</b></p>		<p><a href="http://www.nancyredd.com">www.nancyredd.com</a></p>		<p><b>Remember Nancy's rhyme:</b> <i>If it's clear or white, it's all right. If it smells or it's itchy, something's fishy.</i></p> <p><b>See your doctor if you have a concern.</b></p>

Circle the consistency and color that best represents how your discharge looks on each day of the month. Remember to describe the smell and note any changes or interesting information that you discover.

This calendar is also a great way to keep up with your period cycles.

# BODY DRAMA July 2008 Discharge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Find more information on vaginal discharge on pages 127-129 of Body Drama!</b></p>	<p>Circle the consistency and color that best represents how your discharge looks on each day of the month. Remember to describe the smell and note any changes or interesting information that you discover.</p> <p>This calendar is also a great way to keep up with your period cycles.</p>	<p>1 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>2 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>3 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>4 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>5 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>
<p>6 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>7 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>8 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>9 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>10 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>11 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>12 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>
<p>13 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>14 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>15 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>16 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>17 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>18 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>19 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>
<p>20 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>21 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>22 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>23 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>24 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>25 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>26 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>
<p>27 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>28 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>29 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>30 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>31 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p><a href="http://www.nancyredd.com">www.nancyredd.com</a></p>	<p><b>Remember Nancy's rhyme:</b>  <i>If it's clear or white, it's all right. If it smells or it's itchy, something's fishy.</i>  <b>See your doctor if you have a concern.</b></p>

# BODY DRAMA August 2008 Discharge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>3 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>Circle the consistency and color that best represents how your discharge looks on each day of the month! Remember to describe the smell and note any changes or interesting information that you discover.</p> <p>This calendar is also a great way to keep up with your period cycles.</p> <p><b>4 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>5 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>6 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>7 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>1 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>2 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>
<p><b>10 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>11 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>12 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>13 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>14 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>15 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>16 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>
<p><b>17 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>18 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>19 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>20 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>21 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>22 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>23 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>
<p><b>24 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>25 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>26 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>27 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>28 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>29 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>30 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>
<p><b>31 ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other _____</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p><b>Remember Nancy's rhyme:</b> <i>If it's clear or white, it's all right. If it smells or it's itchy, something's fishy.</i> <b>See your doctor if you have a concern.</b></p>					

# BODY DRAMA September 2008 Discharge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Circle the consistency and color that best represents how your discharge looks on each day of the month! Remember to describe the smell and note any changes or interesting information that you discover.</p> <p>This calendar is also a great way to keep up with your period cycles.</p>	<p>1 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>2 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>3 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>4 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>5 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>6 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	
<p>7 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>8 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>9 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>10 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>11 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>12 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>13 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	
<p>14 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>15 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>16 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>17 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>18 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>19 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>20 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	
<p>21 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>22 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>23 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>24 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>25 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>26 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>27 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	
<p>28 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>29 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>30 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b> (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p><b>Remember Nancy's rhyme:</b>  <i>If it's clear or white, it's all right. If it smells or it's itchy, something's fishy.</i>  <b>See your doctor if you have a concern.</b></p>			<p><b>Find more information on vaginal discharge on pages 127-129 of Body Drama!</b></p>	
<p><a href="http://www.nancyredd.com">www.nancyredd.com</a></p>							

# BODY DRAMA October 2008 Discharge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Circle the consistency and color that best represents how your discharge looks on each day of the month! Remember to describe the smell and note any changes or interesting information that you discover.</p> <p>This calendar is also a great way to keep up with your period cycles.</p>	<p><b>Remember Nancy's rhyme:</b>  <i>if it's clear or white, it's all right. If it smells or it's fishy, something's fishy.</i>  <b>See your doctor if you have a concern.</b></p>	<p><b>Find more information on vaginal discharge on pages 127-129 of Body Drama!</b></p>	<p>1 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>2 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>3 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>4 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>
<p>5 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>6 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>7 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>8 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>9 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>10 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>11 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>
<p>12 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>13 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>14 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>15 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>16 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>17 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>18 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>
<p>19 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>20 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>21 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>22 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>23 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>24 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>25 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>
<p>26 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>27 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>28 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>29 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>30 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>31 <b>ON PERIOD?</b> Yes No  <b>Discharge Consistency</b>                      Sticky/Gummy/Creamy/Other  <b>Smell</b>                      (describe) _____  <b>Color</b>                      Clear/White/Brown/Other _____  <b>NOTES:</b></p>	<p>www.nancyredd.com</p>

# BODY DRAMA November 2008 Discharge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Circle the consistency and color that best represents how your discharge looks on each day of the month! Remember to describe the smell and note any changes or interesting information that you discover.</p> <p>This calendar is also a great way to keep up with your period cycles.</p>		<p><b>Remember Nancy's rhyme:</b></p> <p><i>If it's clear or white, it's all right. If it smells or it's fishy, something's fishy.</i></p> <p><b>See your doctor if you have a concern.</b></p>		<p><b>Find more information on vaginal discharge on pages 127-129 of Body Drama!</b></p>		
<p>2. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>3. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>4. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>5. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>6. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>7. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>8. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>
<p>9. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>10. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>11. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>12. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>13. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>14. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>15. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>
<p>16. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>17. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>18. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>19. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>20. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>21. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>22. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>
<p>23. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>24. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>25. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>26. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>27. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>28. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>	<p>29. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>
<p>30. <b>ON PERIOD?</b> Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe) _____</p> <p><b>Color</b> Clear/White/Brown/Other _____</p> <p><b>NOTES:</b></p>						<p>www.nancyredd.com</p>

# BODY DRAMA December 2008 Discharge Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Circle the consistency and color that best represents how your discharge looks on each day of the month! Remember to describe the smell and note any changes or interesting information that you discover.</p> <p>This calendar is also a great way to keep up with your period cycles.</p>	<p>1 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>2 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>3 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>4 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>5 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>6 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>
<p>7 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>8 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>9 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>10 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>11 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>12 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>13 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>
<p>14 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>15 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>16 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>17 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>18 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>19 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>20 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>
<p>21 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>22 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>23 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>24 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>25 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>26 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>27 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>
<p>28 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>29 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>30 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p>31 ON PERIOD? Yes No</p> <p><b>Discharge Consistency</b> Sticky/Gummy/Creamy/Other</p> <p><b>Smell</b> (describe)_____</p> <p><b>Color</b> Clear/White/Brown/Other_____</p> <p><b>NOTES:</b></p>	<p><b>Remember Nancy's rhyme:</b> <i>If it's clear or white, it's all right. If it smells or it's itchy, something's fishy.</i></p> <p><b>See your doctor if you have a concern.</b></p>	<p><b>Find more information on vaginal discharge on pages 127-129 of Body Drama!</b></p>	<p><a href="http://www.nancyredd.com">www.nancyredd.com</a></p>