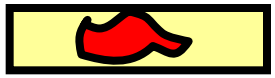
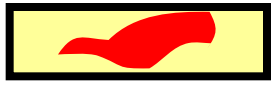
PBAC
Grille d'évaluation des menstruations

Points/ serviette	Serviette hygiénique	Jour 1	Jour 2	Jour 3	Jour 4	Jour 5	Jour 6	Jour 7	Jour 8	Jour 9
1										
5										
20										
1 ou 5	Caillots/ débordement									

Points/ tampon	Tampon	Jour 1	Jour 2	Jour 3	Jour 4	Jour 5	Jour 6	Jour 7	Jour 8	Jour 9
1										
5										
10										
1 ou 5	Caillots/ débordement									