

Symptom & cycle summary

9 Jul 2026 – 7 Oct 2026 · 83 days logged · PCOS & Endometriosis

2.8/10

Average pain

13

Bleeding days (+1 spotting)

3

Cycles recorded

43g

Avg logged sugar / day

Worth discussing

- 3 cycles logged, from 30 to 41 days.
- 1 of them fell outside the usual 21–35 days.
- 3 heavy bleeding days.
- Pain of 7/10 or more on 5 days.
- You logged acne, hair loss.
- Average blood sugar you entered: 103 mg/dL (20 readings).

Questions to ask:

- Could my symptoms point to PCOS or something else?
- Which tests make sense for me (hormones, blood sugar or insulin, ultrasound)?
- Is my cycle length a concern, and what should I watch for?
- Would lifestyle changes or medication help my symptoms?
- What can we do about my pain, and do I need further imaging or a referral?

Cycle lengths

Start	Length	Period days	Note
14 Jun	33 days	4	
17 Jul	41 days	4	Outside 21–35 days
27 Aug	30 days	4	
26 Sep	current	5	

Bleeding & clots

13 bleeding days · 3 logged as heavy · clots: 3 small, 0 large days · avg 3.7 pad/tampon changes on bleeding days.

Pain

Average 2.8/10 · highest 8/10 · 5 days at 7+.

Location	Days
Pelvis	38
Lower back	13

Top symptoms

Symptom	Frequency
Cravings	36 of 91 days
Bloating	32 of 91 days

Cramps	24 of 91 days
Pelvic pain	16 of 91 days
Mood swings	14 of 91 days
Headache	11 of 91 days
Fatigue	11 of 91 days
Hair loss	10 of 91 days

Weight & blood sugar

Date	Weight (kg)	Blood sugar (mg/dL)
9 Jul	69.5	—
11 Jul	—	106
12 Jul	69.5	—
15 Jul	69.6	97
18 Jul	70	—
19 Jul	—	88
21 Jul	70	—
23 Jul	—	97
24 Jul	69.7	—
27 Jul	69.9	118
31 Jul	—	106
2 Aug	69.6	—
4 Aug	—	118
5 Aug	69.5	—
8 Aug	69.6	97
11 Aug	69.3	—
12 Aug	—	88
14 Aug	69.4	—
16 Aug	—	101
17 Aug	69.4	—
23 Aug	69.7	—
26 Aug	69.8	—
28 Aug	—	97
29 Aug	69.4	—
1 Sep	69.4	106
4 Sep	69.3	—
7 Sep	69.6	—

9 Sep	–	101
10 Sep	69.7	–
13 Sep	69.4	118
16 Sep	69.4	–
17 Sep	–	106
19 Sep	69.3	–
21 Sep	–	101
22 Sep	69.5	–
25 Sep	69.6	101
28 Sep	69.8	–
29 Sep	–	101
1 Oct	69.6	–
3 Oct	–	106
4 Oct	69.5	–
7 Oct	69.6	112

Weight change over range: 0.1 kg

Average blood sugar: 103 mg/dL

Meds & supplements taken

Name	Days logged
inositol	83
vitamin D	83

Notes

No notes.