

Female Athlete Menstrual History Form

Name

Date of Birth

Sport

Age at first period (Menarche)

Typical cycle length (days)

Date of last period

How often do you have your period?

Have you ever missed periods for 3 months or more (not due to pregnancy or contraception)?

Are you currently experiencing any menstrual problems? If yes, please describe:

Are you currently using any form of hormonal contraception?

Additional notes or relevant history