


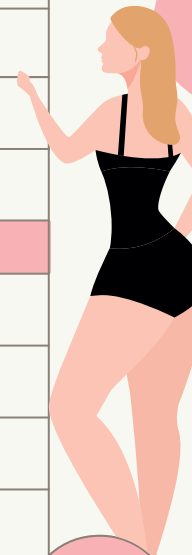


Le Score de Higham :

| JOUR | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|---|-----------|---|---|---|---|---|---|---|---|---|----|----|----|
| Serviettes | | | | | | | | | | | | | |
| Légèrement imbibées  | 1 point | | | | | | | | | | | | |
| Modérément imbibées  | 5 points | | | | | | | | | | | | |
| Très imbibées  | 20 points | | | | | | | | | | | | |
| Débordement  | | | | | | | | | | | | | |
| Petits caillots  | 1 point | | | | | | | | | | | | |
| Gros caillots  | 5 points | | | | | | | | | | | | |
| Tampons | | | | | | | | | | | | | |
| Légèrement imbibés  | 1 point | | | | | | | | | | | | |
| Modérément imbibés  | 5 points | | | | | | | | | | | | |
| Très imbibés  | 10 points | | | | | | | | | | | | |
| Débordement  | | | | | | | | | | | | | |
| Petits caillots  | 1 point | | | | | | | | | | | | |
| Gros caillots  | 5 points | | | | | | | | | | | | |
| Score journalier | | | | | | | | | | | | | |



Score total

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