Menstrual Cycle Diary

Mark the days that you have a symptom by indicating level of severity. Otherwise, leave the box empty.

1 = mild 2 = moderate 3 = severe (Day 1 is the first day of your period)

CHART YOUR SYMPTOMS

HOW TO BEGIN

1. Begin to chart your symptoms using the first day of your menstrual flow as Day 1. (Note: Don't be surprised if you don't have symptoms to record before day 18 or so.)
2. Ask someone close to you (your spouse, partner, roommate or friend) to chart his or her impression of your symptoms as well so you can compare.
3. Chart your symptoms for at least three consecutive months to help you and your health care professional identify a pattern that may indicate PMS.

PMS Fact to Know

You may be sensitive to alcohol before your period begins if you have PMS

SYMPTOMS	DAY OF MENSTRUAL CYCLE																														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Anger																															
Anxiety																															
Argumentative																															
Backache																															
Bloating																															
Breast tenderness or pain																															
Clumsiness																															
Constipation																															
Crying spells																															
Decreased sexual desire																															
Depression																															
Diarrhea																															
Difficulty concentrating																															
Difficulty sleeping																															
Dizziness																															
Fatigue																															
Forgetfulness																															
Headache																															
Hostility																															
Hot flashes																															
Increased appetite																															
Increased sexual desire																															
Insomnia																															
Irritability																															
Mood swings																															
Nausea																															
Negative thoughts																															
Nervousness																															
Sadness																															
Social withdrawal																															
Swelling of hands/feet																															
Tearfulness																															
Tension																															
Weight gain																															