

PMS: Tracking Your Symptoms



Track your PMS symptoms to better understand when they may occur. Rank each symptom's severity from "worst" to "none." Track any other symptoms in the blank rows. At the top of the chart, circle the days of your period. This will help identify the weeks of your cycle.

| | | Day of the month (circle days of period) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------|--------------------------|--|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | | 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 |
| Sample | | • | • | | • | | • | • | | • | • | • | • | • | • | | | | | | | | | | | | | | | | | |
| Physical Symptoms | Bloating | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Breast tenderness | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Food cravings | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Muscle aches | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Emotional Symptoms | Mood swings | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Depression | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Crying spells | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Being irritable | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Other Symptoms | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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