## PMS Symptom Tracker

Symptoms	1	2	3	4	5	6	7	8	9	10	11	12 1	13 1	4 1	15	16 1	7	18 19 20	21	22	23	24	25	26	27 2	3 29	30	31	32 3	33	34 3	5 3	6 37	38	39	40	41	42	43	44	45
Period																																									
Acne																																									
Breast swelling and tenderness																																									
Feeling tired																																									
Having trouble sleeping																																									
Upset stomach																																									
Cramps																																									
Bloating																																									
Constipation																																									
Diarrhea																																									
Headache																																									
Backache																																									
Appetite changes or food cravings																																									
Joint or muscle pain																																									
Trouble concentrating or remembering																																									
Tension, irritability, mood swings, or crying spells																																									
Anxiety																																									
Depression																																									
Other symptoms:																																									
Other symptoms:																																									
Other symptoms:																																									