

SAMPLE: Date - Tuesday, February 23 (First day of menstrual flow is Day 1 of cycle).
 Indicate symptom severity by filling in circle: ○ No symptom, ◐ Moderate, ● Severe. Indicate menstrual flow with 'M' for heavy flow and 'm' for light/moderate flow. Indicate overall mood of the day (scale 0-10): 0 representing severe depression and 10 feeling fine.

Examples of PMS symptoms: abdominal bloating, acne, anxiety, backache, breast tenderness, clumsiness, crying, depression, dizziness, fainting, fatigue, fluid retention, food cravings, forgetfulness, headache, hostility, irritability, joint swelling, mental confusion, mood swings, tension.

Sample Month	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
Day/Date	T-23	W-24	Th-25	F-26	S-27	Su-28	M-1	T-2																							
Irritability	○	○	○	○	○	○	○	○	○	○	○	○	○	●	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Headache	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Fluid Retention	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Menses	M	M	M	M	m																										
Overall mood	10	10	10	10	10	10	10	10	10	10	10	10	8	5	3	5	8	8	8	8	7	7	6	4	4	4	3	2			
Temperature																															

Month 1/Day of 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
Day/Date																															
Menses																															
Overall mood																															

Month 2/Day of 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
Day/Date																															
Menses																															
Overall mood																															

Month 3/Day of 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
Day/Date																															
Menses																															
Overall mood																															

Helpful hint: Since it is important you keep this record on a daily basis, post it (and a pencil) next to your toothbrush and fill it in each evening as you brush your teeth.