Women's Health AMERICA

NAME: _____

DATE OF DAY 1 OF CYCLE: _____

Our Personal Symptom Chart *is one of the easiest and best ways to determine the pattern and severity of symptoms related to your menstrual cycle. For greatest accuracy, fill in your chart on a daily basis — we recommend you set aside a specific time each day. After you've carefully charted your symptoms for two to three cycles, discuss your findings with your healthcare provider. Together, you'll be able to see just how closely your symptoms relate to your menstrual cycle. Charting your symptoms will also help your provider decide on the most appropriate treatment.*

Questions? We are always happy to help. Call us at 800.558.7046, Monday – Friday: 8 am – 5 pm CST.
Click here for our self-care and prescription treatment recommendations, or visit our website: ***www.womenshealth.com***

PERSONAL SYMPTOM CHART

Please rate the level at which you experience each of the following symptoms on each day. If you do not experience the symptoms at all, leave the box blank.

Use the scale of: 1-MILD 2-MODERATE 3-SEVERE

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
Food cravings – carbs/salty/sweet																															
Heachaches or migraine																															
Breasts tender/sore/swollen																															
Rapid changes in mood																															
Low back and/or joint pain																															
Warm/flushed skin																															
Bloating/water retention																															
Fatigue/tired																															
Anxiety																															
Weight gain																															
Irritability/anger																															
Muscle weakness																															
Depression																															
Nervousness																															
Lack of energy/endurance																															
Acne/oily skin																															
Rapid/irregular heartbeat																															
Forgetfulness																															
Hot flashes/night sweats																															
Vaginal dryness/pain/itching																															
Trouble controlling urine/leaking																															
Lack of sex drive/libido																															
Difficulty falling/staying asleep																															
Foggy thinking																															
Weight loss																															
Hand tremors																															
Decreased focus/attention																															