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## INSTRUCTIONS:

1. Beginning tracking your premenstrual symptoms with this chart today, filling it out **every day** (preferably at the end of your day) until your appointment at the clinic. A full menstrual cycle (28 – 40 days) of charting will allow for a more accurate assessment.
2. When you have menstrual bleeding, mark this with an “**X**” in the “Menses” column. When you have “spotting” (very light bleeding), mark this with an “**S**” in the “Menses” column. When you are not bleeding, leave the “menses” column empty for that day.
3. Every day, rate what you have experienced under *ALL* of the column headings. Do not look at your ratings from the previous day, (covering previous ratings with another piece of paper is helpful) so that you rate each day *individually* – do *not* rate your day’s experience compared to yesterday or previous days.

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### **RATING SCALE:**

**Not at all = 0**

**Mild = 1**

**Moderate = 2**

**Severe = 3**

“Sleep” = rate severity and note increase with “↑” and decrease with “↓”

“Appetite” = rate severity and note increase with “↑” and decrease with “↓”

“Physical Symptoms” = symptoms like headache, bloating, cramping, backache, breast tenderness

**1st Month**

|        | Date | Menses | Depressed Mood | Tension | Mood Swings | Irritable | Lack of Interest | Difficulty Concentrating | Appetite | Sleep | Lack of Energy | Physical Symptoms |
|--------|------|--------|----------------|---------|-------------|-----------|------------------|--------------------------|----------|-------|----------------|-------------------|
| Day 1  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 2  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 3  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 4  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 5  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 6  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 7  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 8  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 9  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 10 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 11 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 12 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 13 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 14 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 15 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 16 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 17 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 18 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 19 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 20 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 21 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 22 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 23 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 24 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 25 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 26 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 27 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 28 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 29 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 30 |      |        |                |         |             |           |                  |                          |          |       |                |                   |

**2nd Month**

|        | Date | Menses | Depressed Mood | Tension | Mood Swings | Irritable | Lack of Interest | Difficulty Concentrating | Appetite | Sleep | Lack of Energy | Physical Symptoms |
|--------|------|--------|----------------|---------|-------------|-----------|------------------|--------------------------|----------|-------|----------------|-------------------|
| Day 1  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 2  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 3  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 4  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 5  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 6  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 7  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 8  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 9  |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 10 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 11 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 12 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 13 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 14 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 15 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 16 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 17 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 18 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 19 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 20 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 21 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 22 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 23 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 24 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 25 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 26 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 27 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 28 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 29 |      |        |                |         |             |           |                  |                          |          |       |                |                   |
| Day 30 |      |        |                |         |             |           |                  |                          |          |       |                |                   |