

Symptom Tracker Chart

Name:
 Contraceptive (or HRT) medication (or device):
 Other medication(s):

DAY	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	32	33	34	35			
S Y M P T O M S																																						

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<p>PMS 'symptoms': (Severe enough to disrupt daily activities)</p> <ol style="list-style-type: none"> 1. Period pain 2. Breast pain 3. Muscle pain 4. Fatigue 5. Diarrhoea 6. Constipation 7. Irritability/ anger 8. Anxiety/ tension 9. Low mood/ low self-esteem 10. Bloating/ trapped gas 11. Sleep disruption 12. Headache 13. Nausea/ vomiting 	<p>Normal 'menstrual changes': (Do not typically require medical intervention)</p> <ol style="list-style-type: none"> M Mild forms of any 'PMS symptoms' 14. Restlessness/ pins and needles 15. Mild acne 16. Water retention 17. Tearfulness – happy and sad 18. Dizziness – due to blood pressure changes 19. Libido changes – high and low 20. Concentration level- high and low 21. Mood changes – happy and sad 22. Energy level changes – high and low 23. Clumsiness – due to tiredness 24. Body temperature changes- too hot or cold 25. Food craving- due to blood sugar changes 	<p>Triggers of mood symptoms: (e.g. tiredness, pain, hunger, thirst, low blood sugar, constipation, relationship issues, unequal childcare or household responsibilities, low self-esteem, work-related stress, or social isolation)</p>
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Instructions:

- Try to track on a daily basis
- Use 'symptom' or 'change' numbers (listed below the chart) to save space
- Indicate when you take any medication(s)
- Note the trigger of any mood changes*

If you have a 21-35 day menstrual cycle:

Day 1 is the first day of your period

Move onto a new line each time you have a period

If your menstrual cycle is longer than 35 days:

Use one Symptom Tracker Chart to capture one cycle

If your menstrual cycle is longer than 70 days:

Please seek medical advice, you might have an underlying health issue.

If you do not have a period:

Day 1 relates to the first of each calendar month

Managing your symptoms:

The good news is that cyclical symptoms can respond well to some simple lifestyle changes;



By following these four steps, you may experience a significant improvement in your health and wellbeing, without the need for medication (and its risk of side-effects).

For more detailed tips and tricks for how best to manage specific symptoms, please visit www.menstrual-matters.com

Menstrual cycle triggered/ worsened conditions:

(to be differentiated from cyclical symptoms)

- Irritable Bowel Syndrome (IBS)
- Migraine
- Sleep disorders
- Endometriosis
- Asthma
- Iron deficiency anaemia
- Skin conditions e.g. acne, or eczema
- PMDD (Premenstrual Dysphoric Disorder)
- Anxiety
- Depression/ bi-polar disorder
- Diabetes Mellitus/ hyperglycaemia
- Myalgic Encephalomyelitis (ME)
- Epilepsy
- Auto-immune conditions e.g. Multiple Sclerosis (MS), Systemic Lupus Erythematosus (SLE), Rheumatoid Arthritis, or Fibromyalgia

*The myth of the 'irrational female':

The sex hormones (oestrogen and progesterone) do not directly cause mood changes. By framing cyclical mood changes as 'hormonal', people may internalise issues in their lives that need to be resolved.

Also, the myth of the 'irrational female' whose 'raging hormones' cause her to become 'crazy', or 'dangerous', are incredibly damaging to gender equality, especially in the workplace. This is not to say that some individuals do not experience severe mood symptoms that are triggered or worsened cyclically e.g. PMDD, or bi-polar disorder – Just that they are 'ill' not 'irrational', and that this is not an 'all women' thing.