



# SYMPTOM TRACKER CHART

Patient 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			
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## NORMAL CHANGES (Typically mild & +/-)

1. Appetite
2. Sociability
3. Weight / water retention
4. Skin quality
5. Sleep quality
6. Energy
7. Tearfulness (due to joy, empathy, or distress)
8. Mood (positive and negative)
9. Body temperature

## (PRE)MENSTRUAL INFLAMMATION (PMI)

(If regularly moderate and/ or occasionally severe)

10. Abdominal (period) pain
11. Irritability/ anger
12. Digestive changes: bloating, constipation, diarrhoea
13. Back/ muscle/ joint pain
14. Breast tenderness
15. Fatigue
16. Headache
17. Low mood/ self esteem
18. Anxiety/ tension
19. Nausea/ vomiting

## PREMENSTRUAL DYSPHORIC DISORDER (PMDD)

(Please tell someone and see a doctor asap)

20. Suicidal thoughts
21. Debilitating (severe) negative mood changes

## UNDERLYING CONDITIONS TO BE RULED OUT:

- Iron deficiency anaemia
- Irritable Bowel Syndrome (IBS)
- Migraine
- Endometriosis/ Fibroids
- Anxiety/ Depression/ PMDD

## INSTRUCTIONS:

- Try to track all changes that you experience
- Record changes daily using numbers (right)
- Indicate when you take any medication(s)
- Indicate severity of symptoms (e.g. M-moderate, S-severe)

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 cycle is longer than 35 days:

- Day 1 is the first day of your period
- Use one Symptom Tracker Chart to capture one cycle

Note trigger of negative mood change:

- (e.g. pain, fatigue, hunger, work or relationship stress)

