

PMS and PMDD Symptoms Tracking Chart

This PMS and PMDD Symptoms Tracking Chart can be used to collect information for your physician about any PMS or PMDD symptoms that you may be experiencing. Print two copies so you can track two cycles worth of symptoms. Beginning on the first day of your period (cycle day 1), check the boxes beside the symptoms you are experiencing each day of your cycle. When your next period begins, start a new chart.

Emotional Symptoms																																											
Irritability																																											
Moodiness																																											
Angry outbursts																																											
Poor impulse control																																											
Tension or anxiety																																											
Depression																																											
Lethargy																																											
Insomnia																																											
Crying																																											
Social withdrawal																																											
Loss of concentration, confusion																																											
Cycle 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												

Physical Symptoms																																													
Abdominal bloating																																													
Feeling of weight increase																																													
Fluid retention																																													
Increased appetite/food cravings																																													
Breast pain or tenderness																																													
Skin disorders (acne)																																													
Hot flashes																																													
Headache																																													
Dizziness, poor coordination, clumsiness																																													
Change in libido																																													
Change in bowel habits																																													
Thirst																																													
Cycle 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														



Source: Katz, Vern L. et. al. *Comprehensive Gynecology*. 5th ed. Philadelphia: Mosby Elsevier, 2001.

