



**It is best to fill your Personal Symptom Chart out at the same time each day.**

This will help you determine the pattern and severity of your symptoms and how closely they relate to your period each month. If you are not cycling any longer or are having irregular periods this will help you to track the frequency and severity of your symptoms. After you have carefully tracked your symptoms for two to three months you may want to discuss your findings with your healthcare provider. **Rate the level of your symptom's severity: 1 = Mild 2 = Moderate 3 = Severe None = Leave Blank**

DAY OF CYCLE (or day of calendar if not cycling)	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
Fatigue/tired/exhausted																															
Hot flashes																															
Night sweats																															
Trouble controlling urine/leaking																															
Depression																															
Headaches or migraines																															
Rapid changes in mood/mood swings																															
Bloating/water retention																															
Difficulty falling/staying asleep																															
Memory problems/forgetfulness																															
Acne/oily skin																															
Anxiety/nervousness																															
Irritability/anger																															
Hair loss/thinning																															
Increased facial hair																															
Breasts tender/sore/swollen																															
Vaginal dryness/pain/itching																															
Food cravings - carbs/salty/sweet																															
Foggy thinking																															
Loss of sex drive/libido																															
Muscle weakness																															
Decreased focus or attention span																															
Feeling afraid for no reason																															
Loss of skin tone/wrinkles																															
Weight gain																															
Weight loss																															
Low back and/or joint pain																															
Dry skin																															
Cold intolerance																															
Heavy or irregular periods																															
Dry eyes																															
Lack of energy/endurance																															
Rapid/irregular heartbeat																															