

Premenstrual Symptom Diary

Complete the chart by:

a) Rating the symptoms as follows: 0 - No symptoms 1 - Mild 2 - Moderate 3 - Severe

b) Day 1 of your cycle is when your period begins

Day of cycle	Sad or tearful	Angry or irritable	Tense or anxious	Reduced interest	Tired	Reduced concentration	Over-eating	+ or - sleep	Aches or pains	Headache	Bloating	Breast tenderness
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Date of first day of period: