

Symptom and Success Chart

Symptom or Success	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
Period																															
Headaches																															
Bloating																															
Breast Tenderness																															
Food Craving																															
Stomach Cramps																															
Anxious																															
Panic Attacks																															
Irritable / Aggressive																															
Weepy / Depressed																															
Disturbed Sleep / Fatigue																															
Poor Memory and Concentration																															
Hot Flashes / Night Sweats																															
Joint Pain																															
Felt really good today																															

This Month	Did well with self help		Understood my own needs better		Sorted out some problems	
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Fill in the charts in any way you like - ticks, numbers etc - but leave box empty if you don't have the symptom/success. Just spend a few minutes each evening filling the charts in. If you can't decide what to put just leave the box empty. Don't back fill the chart more than 24 hrs - just put a note that you didn't fill it in on those days. Put a note on the chart if something dramatic happens one day, good or bad, and always try and remember to take your charts to show anyone who is helping you with your PMS or Menopause.