

Premenstrual Symptom Diary

How to complete the chart:

Rate the symptoms as follows: 0 - **No symptoms** 1 - **Mild** 2 - **Moderate** 3 - **Severe** (Day 1 of your cycle is when your period begins)

Date of first day of period:

Day of cycle	Low mood	Irritable	Anxious	Reduced interest	Tired	Reduced concen- tration	Over- eating	Sleeping poorly	Aches or pains	Head- ache	Bloating	Sore breasts
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