

Day of menstrual cycle (day 1 is the start of the menstrual period)

Symptoms	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	32	33		
Felt Depressed or Sad																																			
Felt Hopeless																																			
Felt Worthless or Guilty																																			
Felt Anxious or tense																																			
Had Mood Swings																																			
More Easily Hurt Feelings																																			
Felt Angry or Irritable																																			
Had Conflicts with People																																			
Less Interest in Activities																																			
Trouble Concentrating																																			
Tired or Lacked Energy																																			
Had Increased Appetite																																			
Had Food Cravings																																			
Slept more or had trouble waking up																																			
Trouble getting to sleep or staying asleep																																			
Felt Overwhelmed																																			
Felt out of Control																																			
Breast Tenderness																																			
Weight gain or felt bloated																																			
Headache																																			
Joint or muscle pain																																			
Symptoms reduced productivity at work, school or home																																			
Symptoms Interfered with hobbies or social activity																																			
Symptoms Interfered with relationships with others																																			

Notes: