INSTRUCTIONS:

- 1. Beginning tracking your premenstrual symptoms with this chart today, filling it out **every day** (preferably at the end of your day) until your appointment at the clinic. A full menstrual cycle (28 40 days) of charting will allow for a more accurate assessment.
- 2. When you have menstrual bleeding, mark this with an "X" in the "Menses" column. When you have "spotting" (very light bleeding), mark this with an "S" in the "Menses" column. When you are not bleeding, leave the "menses" column empty for that day.
- 3. Every day, rate what you have experienced under ALL of the column headings. Do not look at your ratings from the previous day, (covering previous ratings with another piece of paper is helpful) so that you rate each day *individually* do *not* rate your day's experience compared to yesterday or previous days.

RATING SCALE: Not at all = 0 Mild = 1 Moderate = 2 Severe = 3

"Sleep" = rate severity and note increase with "↑" and decrease with "↓"
"Appetite" = rate severity and note increase with "↑" and decrease with "↓"
"Physical Symptoms" = symptoms like headache, bloating, cramping, backache, breast tenderness

1st Month

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2nd Month

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