

MENSTRUAL CYCLE

tracker

Observe your mood, emotions and feelings.
Record all of your observations below.

month:

Instructions

1. When you have menstrual bleeding, mark this with an "X" in the "Menses" row. When you have "spotting" (very light bleeding), mark this with an "S" in the "Menses" row. When you are not bleeding, leave the "menses" row empty for that day.
2. Use this chart to track your symptoms. In order to accurately assess your premenstrual symptoms, it is important for us to review the pattern of your symptoms over MONTHS. Please complete charting for at least 2 cycles and provide this information to your provider during next appointment.

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

Symptom Tracker

	1	2	3	4	5	6	7	8	10	9	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Menses																															
Depression																															
Tension																															
Mood Swings																															
Irritable																															
Lack of Interest																															
Lack of focus																															
Appetite																															
Sleep																															
Energy																															
Anxiety																															

Reflection and Notes
