

PREMENSTRUAL SYNDROME SYMPTOM CHART

Date																																												
Bleeding																																												
Loss of efficiency																																												
Irritability																																												
Weight gain																																												
Difficulty concentrating																																												
Tiredness																																												
Mood swings																																												
Tension																																												
Restlessness																																												
Depression																																												
Swollen, bloated																																												
Breast tenderness																																												
Headaches																																												
Food craving																																												
Acne																																												
Pelvic pain																																												

0 - NONE 1 - MILD BLEEDING OR SYMPTOMS 2 - MODERATE BLEEDING OR SYMPTOMS 3 - HEAVY BLEEDING OR SEVERE SYMPTOMS