

Table 8.1 Menstrual symptom diary

NAME: _____ Age: _____ Month: _____

Date	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	34	35	36		
Day of cycle																																						
Menstrual flow																																						
PMS with mood changes																																						
A Nervous tension																																						
Irritability																																						
Anxiety																																						
Insomnia																																						
Crying/Sadness																																						
Depression																																						
B Social withdrawal																																						
Lack of interest in life																																						
PMS with food craving																																						
Craving sugar/carbs																																						
Headache/migraine																																						
Irritability if hungry																																						
Fatigue																																						
PMS with fluid retention																																						
Breast fullness																																						
Abdominal bloating																																						
Weight gain																																						
Swollen hands & feet																																						
PMS with pain																																						
Period pain																																						
Breast pain																																						
Aches and pain																																						
PMS with depletion																																						
Tiredness																																						
Mental fatigue																																						
Hot flushes																																						
Headaches/migranes																																						

Grading of menstruation

- 0-none
- 1-slight
- 2-moderate
- 3-heavy
- 4-heavy & clots

Grading of symptoms

- 0-none
- 1-mild-only slightly aware of symptom
- 2-moderate-aware of symptom, but does not Interfere with activities
- 3-severe-continually aware of symptom, but not disabling
- 4-very severe-disabling and unable to function