# Symptom Tracker Chart

**Patient name:**

**Contraceptive (or HRT) medication (or device):**

**Other medication(s):**

| DAY | 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 |
|-----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| **SYMPTOMS** |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

## Normal Changes
(Typically mild & +/-)

1. Appetite
2. Sociability
3. Weight / water retention
4. Skin quality
5. Sleep quality
6. Energy
7. Tearfulness (due to joy, empathy, or distress)
8. Mood (positive and negative)
9. Body temperature

## (Pre)Menstrual Inflammation (PMI)
(If regularly moderate and/or occasionally severe)

10. Abdominal (period) pain
11. Irritability/ anger
12. Digestive changes: bloating, constipation, diarrhoea
13. Back/ muscle/ joint pain
14. Breast tenderness
15. Fatigue
16. Headache
17. Low mood/ self esteem
18. Anxiety/ tension
19. Nausea/ vomiting

## Premenstrual Dysphoric Disorder (PMDD)
(See a doctor asap)

20. Suicidal thoughts
21. Debilitating (severe) negative mood changes

## Underlying Conditions
To be ruled out:

- Iron deficiency anaemia
- Irritable Bowel Syndrome (IBS)
- Migraine
- Endometriosis/ Fibroids
- Anxiety/ Depression/ PMDD

## Instructions:

- Try to track all changes that you experience
- Record changes daily using numbers (right)
- Indicate when you take any medication(s)
- Indicate severity of symptoms (e.g. M-moderate, S-severe)

If you have a 21-35 day menstrual cycle:

- Day 1 is the first day of your period.
- Move onto a new line each time you have a period.

If your cycle is longer than 35 days:

- Day 1 is the first day of your period.
- Use one Symptom Tracker Chart to capture one cycle

Note trigger of negative mood change:

- (e.g. pain, fatigue, hunger, work or relationship stress)