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Diary: Premenstrual syndrome (PMS)

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
First day of period *(tick box)* →																															
Breast tenderness, breast pain																															
Bloating, abdominal pain																															
Achy joints, muscle ache																															
Fluid retention																															
Headache																															
Mood swings																															
Feeling down, sadness																															
Change in appetite, food cravings																															
Anger, irritability, aggression																															
Problems at work/school:																															
Problems with family/partner/friends:																															

Severity • *= Mild* ● *= Moderate* ● *= Severe*