

PMS SYMPTOM SCORE CHART

| |
|---------------|
| Month: |
|---------------|

| Symptom | Day Of Cycle | | Severity Of Symptoms |
|-------------------------------|--------------|----------|----------------------|
| | (Start) | (Finish) | |
| Weight Gain | | | |
| Swelling / Bloatingness | | | |
| Breast Discomfort | | | |
| Headaches / Migraines | | | |
| Abdominal Cramps | | | |
| Other Muscular Aches | | | |
| Vaginal Mucus Changes | | | |
| Low Urine Output | | | |
| Skin Changes | | | |
| Appetite Changes | | | |
| Sleep Changes | | | |
| Poor Co-ordination | | | |
| Other Physical Symptoms: | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| Tension / Irritability | | | |
| Depression | | | |
| Lethargy | | | |
| Poor Concentration | | | |
| Aggressive Tendencies | | | |
| Low or Absent Sex Drive | | | |
| Food Craving | | | |
| Need for Isolation | | | |
| Poor Emotional Control | | | |
| Other Psychological Symptoms: | | | |
| | | | |
| | | | |
| | | | |
| | | | |