

MENSTRUAL CHART

Use this chart to record your symptoms. For an illustration, please refer to the explanatory sheet. For clarity, try to use two different colours - why not highlight period days with red ink, and symptoms with blue ink?

Date	January	February	March	April	May	June
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						

SYMBOLS REMINDER

W ↑	Weight Gain	P	Period Days	I	Irritability / Tension
B	Tender Breasts	O	Ovulation	D	Depression
S	Swellings / Bloating	H	Headaches / Migraines	V	Violent Tendencies
U ↓	Urine Less Than Usual	A	Abdominal Cramps	L	Lethargy
U ↑	Urine More Than Usual	M	Changes to Mucus	C	Cravings for Food/Drink

MENSTRUAL CHART

Use this chart to record your symptoms. For an illustration, please refer to the explanatory sheet. For clarity, try to use two different colours - why not highlight period days with red ink, and symptoms with blue ink?

Date	July	August	September	October	November	December
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						

SYMBOLS REMINDER

W ↑	Weight Gain	P	Period Days	I	Irritability / Tension
B	Tender Breasts	O	Ovulation	D	Depression
S	Swellings / Bloating	H	Headaches / Migraines	V	Violent Tendencies
U ↓	Urine Less Than Usual	A	Abdominal Cramps	L	Lethargy
U ↑	Urine More Than Usual	M	Changes to Mucus	C	Cravings for Food/Drink