

**PMS SYMPTOM SCORE CHART**

<b>Month:</b>
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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:			