### PREMENSTRUAL SYMPTOM TRACKER
(DAILY RECORD OF SEVERITY OF PROBLEMS)

**INSTRUCTIONS**

Print off as many copies as you need to complete a full two months worth of tracking. Begin tracking your premenstrual symptoms with this chart today. Fill it out daily (preferably at the end of your day). Two full months of menstrual cycle charting will allow for a more accurate assessment.

Each evening note the degree to which you experienced each of the problems listed below. Put an "x" in the box which corresponds to the severity:

- 1 - not at all
- 2 - minimal
- 3 - mild
- 4 - moderate
- 5 - severe
- 6 - extreme

<table>
<thead>
<tr>
<th>SYMPTOMS</th>
<th>IMPACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Felt depressed, sad, &quot;down,&quot; or &quot;blue&quot; or felt hopeless; or felt worthless or guilty</td>
<td>At least one of the problems noted above caused reduction of production of efficiency</td>
</tr>
<tr>
<td>2. Felt anxious, tense, &quot;keyed up&quot; or &quot;on edge&quot;</td>
<td>At least one of the problems noted above caused avoidance of or less participation in hobbies or social activities</td>
</tr>
<tr>
<td>3. Had mood swings (i.e., suddenly feeling sad or tearful) or was sensitive to rejection or feelings were easily hurt</td>
<td>At least one of the problems noted above interfered with relationships with others</td>
</tr>
<tr>
<td>4. Felt angry, or irritable</td>
<td></td>
</tr>
</tbody>
</table>
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### Symptoms

1. Felt depressed, sad, "down," or "blue" or felt hopeless; or felt worthless or guilty
   - Felt anxious, tense, "keyed up" or "on edge"
   - Had mood swings (i.e., suddenly feeling sad or tearful) or was sensitive to rejection or feelings were easily hurt
   - Had less interest in usual activities (work, school, friends, hobbies)
   - Slept more, took naps, found it hard to get up when intended; or had trouble getting to sleep or staying asleep
   - Had breast tenderness, breast swelling, bloated sensation, weight gain, headache, joint or muscle pain, or other physical symptoms
   - At work, school, home, or in daily routine, at least one of the problems noted above caused reduction of production of efficiency
   - At least one of the problems noted above caused avoidance of or less participation in hobbies or social activities
   - At least one of the problems noted above interfered with relationships with others

### Impact

Visit [iapmd.org/steps-to-diagnosis](iapmd.org/steps-to-diagnosis) for more information on gaining a PMD diagnosis.

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Adapted from Jean Endicott, Ph.D. and Wilma Harrison, M.D., version.