PMS	Symptom	Tracker
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C_{λ}	cle Dates:	

Use this chart to track your PMS symptoms.

Day

Symptoms	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	32	33	34	35	36	37	38	39	40 4	11 4	2 4	3 4	4 45
period																																												
acne																																												
breast swelling and tenderness																																												
feeling tired																																												
having trouble sleeping																																												
upset stomach																																												
cramps																																												
bloating																																												
constipation																																												
diarrhea																																												
headache																																												
backache																																												
appetite changes or food cravings																																												
joint or muscle pain																																												
trouble concentrating or remembering																																												
tension, irritability, mood swings, or crying spells																																												
anxiety																																												
depression																																												
other symptoms:																																												
other symptoms:																																												
other symptoms:																																												