

HEALTH DIARY: PMS

SEVERITY SCALE:

- 0** Symptom-free
- 1** Mild symptoms, allowing normal activity
- 2** Moderate symptoms, disturbing but not preventing normal activity
- 3** Severe symptoms, preventing normal activity. Bed rest may be necessary

SYMPTOMS:

- Upset stomach, bloating, constipation, or diarrhea
- Headache or backache
- Joint or muscle pain
- Tension, irritability, mood swings, or crying spells
- Fatigue
- Anxiety or depression
- Breast swelling and tenderness
- Acne
- Trouble sleeping
- Appetite changes or food cravings
- Trouble concentrating or remembering
- Fast heart beat
- Swollen hands and feet

PMS AGGRAVATORS:

- Alcohol
- Caffeine
- Dehydration
- Lack of sleep
- Salt
- Smoking
- Stress
- Sugar
- Other (please specify)

RELIEF MEASURES:

- Bed rest
- Exercise
- Heating pad/hot water bottle
- Improved nutrition by increasing fruits and veggies and/or taking vitamins
- Medication (list name and dosage)
- Relaxation
- Other (please specify)

(Circle the dates of your menstrual flow)

Date	Severity	Symptoms	Aggravators	Relief Measures
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