

## Personal management Diary - Daily Symptoms Record

Name: \_\_\_\_\_ Date: \_\_\_\_\_

<b>Grading of Menses</b> (menstrual flow)	0-none	3-heavy
	1-slight	4-heavy and clots
	2-moderate	

<b>Grading of Symptoms (Complaints)</b>	
0-none	3-severe
1-mild	4-disabling
2-moderate	

<b>Day of Cycle</b>	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			
<b>Date</b>																																						
<b>Menstrual Flow</b>																																						

**PMS-A Anxiety Group**

<b>Nervous tension</b>																																						
<b>Mood Swings</b>																																						
<b>Irritability</b>																																						
<b>Anxiety</b>																																						

**PMS-C Cravings Group**

<b>Headache</b>																																						
<b>Craving for sweets</b>																																						
<b>Increased appetite</b>																																						
<b>Heat pounding</b>																																						
<b>Fatigue</b>																																						
<b>Dizziness/faintness</b>																																						

**PMS-D Depression Group**

<b>Depression</b>																																						
<b>Forgetfulness</b>																																						
<b>Crying</b>																																						
<b>Confusion</b>																																						
<b>Insomnia</b>																																						

**PMS-H Hydrous Group**

<b>Weight gain</b>																																						
<b>Swelling extremities</b>																																						
<b>Breast tenderness</b>																																						
<b>Abdominal Bloating</b>																																						

**Dysmenorrhea - Painful Menstruation**

<b>Cramps, Low Abdominal</b>																																						
<b>Backache</b>																																						
<b>General aches/pains</b>																																						

**Other Symptoms**


**Weight**

<b>Weight in lbs.</b>																																						
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**Vitamins-Medications**

<b>Vitamins</b>																																						
<b>Medications</b>																																						

Comments: \_\_\_\_\_