Sample: **Date - Tuesday, February 23 (First day of menstrual flow is day 1 of cycle).**

- Indicate symptom severity: **0 = No Symptom X = Moderate Symptoms Black = Severe Symptoms**
- Indicate menstrual flow with: **"M"** for heavy flow and **"m"** for light / moderate flow.
- Indicate overall mood of the day: (**scale 0-10**) with 0 representing severe depression and 10 feeling fine.

Examples of PMS symptoms: abdominal bloating, acne, anxiety, backache, breast tenderness, clumsiness, crying, depression, dizziness, fainting, fatigue, fluid retention, food cravings, forgetfulness, headache, hostility, irritability, joint swelling, mental confusion, migrane, moodswings, tension.

Sample Month	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day | Date	T-23	W-24	T-26	T-27	F-28	M-1	T-2																								
Irritability	0	0	0	0	0	0	0	0	0	0	0	0	x	x		x	x	0	0	0	0	0	0	x	x				0	0	0
Headache	0	0	0	0	0	0	0	0	0	0	0	0	0	x		x	x	0	0	0	0	0	0	x	x				0	0	0
Fluid Retention	0	0	0	0	0	0	0	0	0	0	0	0	0	x		x	x	0	0	0	0	0	0	x	x				0	0	0
Memses	M	M	M	M	m																										
Overall Mood	10	10	10	10	10	10	10	10	10	10	10	10	8	5	3	8	8	8	8	8	7	7	6	4	4	3	2				

Month 1	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day | Date																															
Memses																															
Overall Mood																															

Month 2	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day | Date																															
Memses																															
Overall Mood																															

Month 3	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Day | Date																															
Memses																															
Overall Mood																															