Period Start Date:

SYMPTOMS	<u></u>		)		DAYS																		:														
Short/Unkind to Children Sarcastic/Unkind to Husband Argued with Husband Criticized Husband Trouble Concentrating or Remembering Anxiety Depression Tense/Irritable Mood Swings/Crying Spells Aggression Acne Broast Swelling/Tenderness Fallgued Trouble Steeping Nausea Cramps/Boating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache	,	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
Sarcastic/Unkind to Husband Argued with Husband Criticized Husband Trouble Concentrating or Remembering Anxiety Depression Tense/Irritable Mood Swings/Crying Spells Aggression Acne Breast Swelling/Tenderness Fatigued Trouble Sleeping Nausea Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Paln or Backache		Yelled at Children																																			
Argued with Husband Criticized Husband Trouble Concentrating or Remembering Anxiety Depression Tense/Irritable Mood Swings/Crying Spells Aggression Acne Breast Swelling/Tenderness Fatigued Trouble Sleeping Nausea Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache		Short/Unkind to Children																																			
Criticized Husband Trouble Concentrating or Remembering  Anxiety Depression Tense/Irritable  Mood Swings/Crying Spells Aggression Acne Breast Swelling/Tenderness Fatigued Trouble Steeping Nausea Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache	R	Sarcastic/Unkind to Husband																																			
Trouble Concentrating or Remembering  Anxiety Depression Tense/Irritable Mood Swings/Crying Spells Aggression Acne Breast Swelling/Tenderness Fatigued Trouble Sleeping Nausea Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache		Argued with Husband																																			
or Remembering Anxiety Depression Tense/Irritable Mood Swings/Crying Spells Aggression Acne Breast Swelling/Tenderness Fatigued Trouble Sleeping Nausea Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache		Criticized Husband																																			
Depression Tense/Irritable Mood Swings/Crying Spells Aggression Acne Breast Swelling/Tenderness Fatigued Trouble Sleeping Nausea Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache																																					
Tense/Irritable  Mood Swings/Crying Spells  Aggression  Acne Breast Swelling/Tenderness  Fatigued  Trouble Sleeping  Nausea  Cramps/Bloating  Constipation/Diarrhea  Headache  Appetite Changes or Food Cravings  Joint/Muscle Pain or Backache	VL	Anxiety																																			
Mood Swings/Crying Spells Aggression Acne Breast Swelling/Tenderness Fatigued Trouble Sleeping Nausea Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache		Depression																																			
Aggression Acne Breast Swelling/Tenderness Fatigued Trouble Sleeping Nausea Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache		Tense/Irritable																																			
Acne Breast Swelling/Tenderness Fatigued Trouble Sleeping Nausea Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache	E	<b>Mood Swings/Crying Spells</b>																																			
Breast Swelling/Tenderness Fatigued Trouble Sleeping Nausea Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache		Aggression																																			
Fatigued Trouble Sleeping Nausea Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache		Acne																																			
Trouble Sleeping Nausea Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache		Breast Swelling/Tenderness																																			
Nausea  Cramps/Bloating  Constipation/Diarrhea  Headache  Appetite Changes or Food Cravings  Joint/Muscle Pain or Backache		Fatigued																																			
Cramps/Bloating Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache		Trouble Sleeping																																			
Constipation/Diarrhea Headache Appetite Changes or Food Cravings Joint/Muscle Pain or Backache	D	Nausea																																			
Headache Appetite Changes or Food Cravings  Joint/Muscle Pain or Backache		Cramps/Bloating																																			
Appetite Changes or Food Cravings  Joint/Muscle Pain or Backache		Constipation/Diarrhea																																			,
Food Cravings  Joint/Muscle Pain or Backache		Headache																																			
Backache		Appetite Changes or Food Cravings																																			

 $\mathbf{R} = \mathbf{Relational}$ 

M = Mental

 $\mathbf{E} = \mathbf{E}$ motional  $-\mathbf{P} = \mathbf{P}$ hysical