

PMS Reality Check

Period Start Date: _____

DAYS

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
R Yelled at Children																																			
Short/Unkind to Children																																			
Sarcastic/Unkind to Husband																																			
Argued with Husband																																			
Criticized Husband																																			
M Trouble Concentrating or Remembering																																			
Anxiety																																			
Depression																																			
E Tense/Irritable																																			
Mood Swings/Crying Spells																																			
Aggression																																			
P Acne																																			
Breast Swelling/Tenderness																																			
Fatigued																																			
Trouble Sleeping																																			
Nausea																																			
Cramps/Bloating																																			
Constipation/Diarrhea																																			
Headache																																			
Appetite Changes or Food Cravings																																			
Joint/Muscle Pain or Backache																																			

R = Relational **M** = Mental **E** = Emotional **P** = Physical