

Beginning on the first day of your bleeding, use the boxes provided for each day to indicate whether you're experiencing symptoms related to your cycle. Keep in mind that while the typical menstrual cycle lasts 28 days, it can range anywhere from 21 to 38 days, and it can vary from woman to woman.

Start Date: _____

End Date: _____

Day of Cycle	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	36	37	38			
Emotional Symptoms	For each day, rate each symptom on a scale of 1 to 5 (1 = none; 5 = severe)																																								
Depression																																									
Angry Outbursts																																									
Irritability																																									
Anxiety																																									
Confusion																																									
Social Withdrawal																																									
Physical Symptoms	For each day, rate each symptom on a scale of 1 to 5 (1 = none; 5 = severe)																																								
Breast Tenderness																																									
Abdominal Bloating																																									
Headache																																									
Swelling of the Extremities																																									
Daily Choices																																									
Stress	How well are you managing your stress levels? Rate your stress management on a scale of 1 to 5 (1 = very well; 5 = not at all)																																								
Exercise	How much exercise did you get? Rate your level of exercise on a scale of 1 to 5 (1 = intense; 5 = sedentary)																																								
Days with bleeding (check off each day)																																									

Notes:

Did any of your symptoms keep you from work, social activities, or family events? _____

Did you notice similarities or differences in how you felt compared to last month? _____

I Need More Information About: _____

I Plan on Taking these Next Steps: _____

Visit www.KnowMyCycle.com to download your cycle calendar for next month!