

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**