Bupa

Month:

Period and Symptom Diary

	Day	EX.	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
BLOOD FLOW	Light	✓																															
	Medium																																
	Heavy																																
SYMPTOMS	Bloating																																
	Diarrhoea																																
	Constipation	✓																															
	Acne	✓																															
	Headaches																																
	Fatigue																																
	Insomnia																																
	Breast tenderness	✓																															
	Mood swings																																
	Anxiety																																
	Low mood																																
	Low libido (sex drive)																																
	Increased body temperature	✓																															
	Pain (pelvic) Mild, Medium, Severe?	Med.																															
	Other symptoms																																