PMS Symptom Tracker	PMS	Sym	ptom	Trac	ker
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Use this chart to track your PMS symptoms.

Day

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
period																															
acne																															
breast swelling and tenderness																															
feeling tired																															
having trouble sleeping																															
upset stomach																															
cramps																															
bloating																															
constipation																															
diarrhea																															
headache																															
backache																															
appetite changes or food cravings																															
joint or muscle pain																															
trouble concentrating or remembering																															
tension, irritability, mood swings, or crying spells																															
anxiety																															
depression																															
other symptoms:																															
other symptoms:																															
other symptoms:																															