



### Manual Tracking Template for PMDD Symptoms

**Instructions:** This template is designed to help you comprehensively track your PMDD symptoms throughout your menstrual cycle. By monitoring various aspects of your physical and emotional well-being, you can gain valuable insights into your symptoms and better manage them over time. Use this template daily to record the severity of each symptom and any relevant notes or observations.

**Date:**

**Name:**

Physical Symptoms:				
	0 – Not Present	1 – Mild	2 – Moderate	3 – Severe
Fatigue				
Headache				
Breast Tenderness				
Bloating				
Cramps				

	Irritability	Sadness	Anxiety	Anger
Mood Swings				

	Difficulty Concentrating	Forgetfulness	Confusion	Brain Fog
Cognitive Symptoms				

Sleep Patterns:				
	0 – Not Present	1 – Mild	2 – Moderate	3 – Severe
Insomnia				
Excessive Sleepiness				
Restlessness				

Appetite Changes:				
	0 – Not Present	1 – Mild	2 – Moderate	3 – Severe
Increased in Appetite				
Decreased Appetite				
Cravings				



Other Symptoms:				
	0 – Not Present	1 – Mild	2 – Moderate	3 – Severe
Acne Breakouts				
Digestive Issues				
Joint or Muscle Pain				
Sensitivity to Stimuli (Light, Sound, Smell):				

**Notes:**

**Next Steps:** Review your symptom log regularly to identify patterns and trends. Share your findings with your healthcare provider to develop a personalized management plan tailored to your needs.

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