



PMDD Chart

In order to accurately assess your premenstrual symptoms, it is important for us to review the pattern of your symptoms over time.

After you complete 2 months of charting, please call our intake line and leave your contact information to set up your first appointment:

903-753-1658

N.B. As the waiting time for a first appointment can be anywhere between 1-3 weeks, you may wish to call the intake line a few weeks prior to completing your charts so that your scheduled appointment follows closely after chart completion.

INSTRUCTIONS:

1. Beginning tracking your premenstrual symptoms with this chart today, filling it out **every day** (preferably at the end of your day) until your appointment at the clinic. A full menstrual cycle (28 – 40 days) of charting will allow for a more accurate assessment.
2. When you have menstrual bleeding, mark this with an “**X**” in the “Menses” column. When you have “spotting” (very light bleeding), mark this with an “**S**” in the “Menses” column. When you are not bleeding, leave the “menses” column empty for that day.
3. Every day, rate what you have experienced under ALL of the column headings. Do not look at your ratings from the previous day, (covering previous ratings with another piece of paper is helpful) so that you rate each day *individually* – do *not* rate your day’s experience compared to yesterday or previous days.

RATING SCALE: **Not at all = 0** **Mild = 1** **Moderate = 2** **Severe = 3**

“Sleep” = rate severity and note increase with “↑” and decrease with “↓”

“Appetite” = rate severity and note increase with “↑” and decrease with “↓”

“Physical Symptoms” = symptoms like headache, bloating, cramping, backache, breast tenderness

2nd Month

| | Date | Menses | Depressed Mood | Tension | Mood Swings | Irritable | Lack of Interest | Difficulty Concentrating | Appetite | Sleep | Lack of Energy | Physical Symptoms |
|--------|------|--------|----------------|---------|-------------|-----------|------------------|--------------------------|----------|-------|----------------|-------------------|
| Day 1 | | | | | | | | | | | | |
| Day 2 | | | | | | | | | | | | |
| Day 3 | | | | | | | | | | | | |
| Day 4 | | | | | | | | | | | | |
| Day 5 | | | | | | | | | | | | |
| Day 6 | | | | | | | | | | | | |
| Day 7 | | | | | | | | | | | | |
| Day 8 | | | | | | | | | | | | |
| Day 9 | | | | | | | | | | | | |
| Day 10 | | | | | | | | | | | | |
| Day 11 | | | | | | | | | | | | |
| Day 12 | | | | | | | | | | | | |
| Day 13 | | | | | | | | | | | | |
| Day 14 | | | | | | | | | | | | |
| Day 15 | | | | | | | | | | | | |
| Day 16 | | | | | | | | | | | | |
| Day 17 | | | | | | | | | | | | |
| Day 18 | | | | | | | | | | | | |
| Day 19 | | | | | | | | | | | | |
| Day 20 | | | | | | | | | | | | |
| Day 21 | | | | | | | | | | | | |
| Day 22 | | | | | | | | | | | | |
| Day 23 | | | | | | | | | | | | |
| Day 24 | | | | | | | | | | | | |
| Day 25 | | | | | | | | | | | | |
| Day 26 | | | | | | | | | | | | |
| Day 27 | | | | | | | | | | | | |
| Day 28 | | | | | | | | | | | | |
| Day 29 | | | | | | | | | | | | |
| Day 30 | | | | | | | | | | | | |