

	Mo	Tu	Wd	Th	Fr	Sa	Su	Mo	Tu	Wd	Th	Fr	Sa	Su	Mo	Tu	Wd	Th	Fr	Sa	Su	Mo	Tu	Wd	Th	Fr	Sa	Su
restless																												
overwhelmed																												
mood fluctuation																												
angry																												
irritable																												
overly sensitive																												
loss of interest/enjoyment																												
tired																												
social withdrawal																												
guilty																												
loss of libido																												
loss of concentration																												
confusion																												
forgetfulness																												
increased appetite																												
decreated appetite																												
suicidal thoughts																												
panic attacks																												
obsessive thoughts																												
compulsive thoughts																												
food cravings																												
constipation																												
nausea																												
bloating																												
hot flashes/sweating																												
acne																												
breast swelling																												
cramps																												
headaches																												
increased energy																												
racing thoughts																												
elevated mood																												
projects/buying sprees																												
euphoria																												
alcohol																												
drugs																												
medication																												
exercise																												
hours slept																												
weight																												
exercise																												