



## DYSMENORRHEA AND PMT SYMPTOMATOLOGY

NAME: \_\_\_\_\_ CYCLE   1     2     3     4     5     6     7  

Grading of menses	0-none	3-heavy	Grading of symptoms
	1-slight	4-heavy and clots	0-none
	2-moderate		1-mild-present but does not interfere with activities
			2-moderate-present and interferes with activities but not disabling
MONTH: _____			3-severe-disabling

DAY OF CYCLE	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	32	33	34	35	36									
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Mood swings																																													
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Fatigue																																													
Dizziness or faintness																																													
III. PMT-D																																													
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Confusion																																													
Insomnia																																													
IV. PMT-H																																													
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Swelling of extremities																																													
Breast tenderness																																													
Abdominal bloating																																													
V. PMT-P																																													
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VI. DYSMENORRHEA																																													
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Nausea / vomiting																																													
Diarrhea																																													
Backache																																													
Chest pain																																													
VII.																																													
Basal Body Temperature																																													
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