MENSTRUAL CYCLE DIARY & BBT CHART

NAME **DATE**

Cycle Day	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	37	38	39	40	41	42	43	44	45
Date (m/yy)																																													
Cervical Fluid?																																													
Intercourse																																												
Time Temp. Taken																																												

WAKING TEMP.

Cycle Day	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	37	38	39	40	41	42	43	44	45
99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99
9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
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98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98
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5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
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97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97

PMS Symptoms

Grading of Symptoms
1 – **Mild:** does not interfere with activities
2 – **Moderate:** interferes with activities, but not disabling
3 – **Severe:** disabling, unable to function

Menstrual Flow
1 – Slight
2 – Moderate
3 – Heavy
4 – Clots

Cycle Day	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	37	38	39	40	41	42	43	44	45
Mental/Emotional																																													
Nervous tension																																													
Mood swings																																												
Irritability																																												
Anxiety																																												
Depression																																												
Forgetfulness																																												
Crying																																												
Confusion																																												
Insomnia																																												
Physical																																												
Headache																																												
Craving for sweets																																												
Increased appetite																																												
Heart palpitations																																												
Fatigue																																												
Dizziness/Faintness																																												
Breast Distention/Pain																																												
Abdominal Distention/Bloating																																												
Diarrhea																																												
Constipation																																												
Menstrual Pain																																												
Abdominal pain/Cramps																																												
Low back pain																																												
General Aches & Pain																																												

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