| 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 |
|-----------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Date      |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Tampons/pads/day | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

**Record** 0 = none, 1 = minimal, 2 = moderate, 3 = moderately intense, 4 = very intense

- Amount Flow
- Cramps
- Breast Sore: Front
- Breast Sore: Side
- Fluid Retention
- Mucous secretions
- Constipation
- Headache
- Sleep Problems
- Feeling Frustrated
- Feeling Depressed
- Feeling Anxious

**Record** M = much less, L = a little less, U = usual, Y = a little increased, Z = much increased

- Appetite
- Breast Size
- Interest In Sex
- Feeling Of Energy
- Feeling Of Self-Worth
- Outside Stresses
- Treatment or Supplement

- Basal Temperature

- Comments (temperature taken late, feeling sick, poor sleep, etc)