A.Vogel

Period Symptoms Diary

Month: .....

✗ = Severe ✗ = Moderate ✗ = Mild

Date	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
Period flow																															
Period pain																															
Aching muscles																															
Digestive issues																															
Bloating																															
Dizziness																															
Headaches																															
Low energy																															
Low libido																															
Skin breakouts																															
Sore breasts																															
Increased body temp																															
Mood swings																															
Anxiety																															
Weepiness																															
Irritability																															