

NAPS MENSTRUAL DIARY

	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEPT	OCT	NOV	DEC
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Keeping a chart

A chart will accurately reflect your symptoms and will show the days on which they occur, the days they are absent, the days of menstruation and the duration of the cycle. A symbol can be chosen for your two or three worst symptoms and used to record them on the chart. For instance

- H = Headache B = Bloating I = Irritability

The chart should be completed for at least three months and then can be used during consultations with your GP to reflect the symptoms you have experienced.

- Record the days of menstruation with a P for period or M for menstruation

Below are a suggested list of Psychological, Behavioural and Physical Symptoms you may experience.

Mood swings and depression
 Tearfulness or feeling 'low'
 Tiredness, fatigue or lethargy
 Tension or unease
 Irritability
 Clumsiness/poor co-ordination
 Difficulty in concentrating
 Altered interest in sex
 Sleep disorders
 Food cravings
 Aggression

Breast tenderness
 Swollen/bloated feelings
 Puffiness of face, abdomen or fingers
 Weight gain
 Headaches
 Appetite changes
 Acne or other skin rashes
 Constipation or diarrhoea
 Muscle or joint stiffness
 General aches and pains – backache
 Abdominal pain/cramps