

Name:.....

## Symptoms and Pain Calendar

Please fill in for one month and return

Days of Menstrual 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		
Pain Killers																																	
Period Pain																																	
Menstruation																																	
Pelvic Cramps																																	
Left side abdominal pain																																	
Right side abdominal pain																																	
Low abdominal pain																																	
Backache																																	
General Pain																																	
Pain in Left leg																																	
Pain in right leg																																	
Pain in stomach																																	
Pain in abdomen																																	
Pain in head																																	
Bowel Movement																																	
Pain †																																	
Urination ††																																	
Sexual Intercourse																																	
Pain †††																																	
Bloating																																	
Breast Tenderness																																	
Forgetfulness																																	
Anxiety																																	
Depression																																	
Mood Swings																																	
Insomnia																																	
Increased Appetite																																	
Irritability																																	

† - B for before. D for during. A for after. †† - P for pain. F for frequency. ††† - D for during. A for after.

### Menstruation

H - heavy blood loss.

B - brown blood

Bk - Black blood

C - clots

S - spotting

L - light blood loss

R - red blood

### List Medications Used

1 for Mild, normal activities

2 for Moderate, interferes with daily life

3 for Severe, unable to function