

TRACKING INSTRUCTIONS:

1. Menstrual Cycle Day: Begin with the first day of menstrual flow and end with the last day of your menstrual cycle.
2. Month & Date: Write in the month then the corresponding date in the box under each menstrual cycle day.
3. Menstrual Cycle Phase: At the end of the cycle, divide it into phases by drawing a vertical line down after the day before menstrual bleeding starts; count back 14 days and draw another vertical line write *premenstrual phase* in the space; next, draw a vertical line down after the last day of your period and write in *menstrual phase*; write in *post-menstrual phase* in the remaining space.
4. Bleeding: Record your menstrual flow or vaginal bleeding as (H) Heavy, (M) Moderate, (L) Light, (S) Spotting, or blank if no bleeding. Note the last day of your menstrual flow with an asterisk (*).
5. Weight: Record your weight (weigh yourself about the same time every day).
6. Symptoms: List your most bothersome or distressing symptoms taken from the Symptom Severity Chart with your worst or most distressing symptom in the #1 space, followed by your second most bothersome symptom, and so on, up to 10 symptoms. Rate these symptoms or behavior changes daily as 0-absent, 1-mild, 2-moderate, 3-severe, or 4-extreme throughout the cycle.
7. Well-being: Rate your feelings of well-being—including increased energy, creativity or generally feeling good—as (+) High, (/) Moderate, or (-) Low.
8. Stress: Rate your overall stress level as (+) High, (/) Moderate, or (-) Low.
9. Life Events: Rate any significant events as (+) Positive, (/) Neutral, or (-) Negative.
10. Self-Care: List anything you did to relieve your symptoms and place a check in the corresponding menstrual day.