

Tel: (905) 522-1155

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PMDD Chart

In order to accurately assess your premenstrual symptoms, it is important for us to review the pattern of your symptoms over time.

After you complete 2 months of charting, please call our intake line and leave your contact information to set up your first appointment:

Intake Coordinator: Lisa Botas 905-522-1155 ext. 33979

N.B. As the waiting time for a first appointment can be anywhere between 1-3 weeks, you may wish to call the intake line a few weeks prior to completing your charts so that your scheduled appointment follows closely after chart completion.

INSTRUCTIONS:

- 1. Beginning tracking your premenstrual symptoms with this chart today, filling it out **every day** (preferably at the end of your day) until your appointment at the clinic. A full menstrual cycle (28 40 days) of charting will allow for a more accurate assessment.
- 2. When you have menstrual bleeding, mark this with an "X" in the "Menses" column. When you have "spotting" (very light bleeding), mark this with an "S" in the "Menses" column. When you are not bleeding, leave the "menses" column empty for that day.
- 3. Every day, rate what you have experienced under ALL of the column headings. Do not look at your ratings from the previous day, (covering previous ratings with another piece of paper is helpful) so that you rate each day *individually* do *not* rate your day's experience compared to yesterday or previous days.

RATING SCALE: Not at all = 0 Mild = 1 Moderate = 2 Severe = 3

"Sleep" = rate severity and note increase with "↑" and decrease with "↓"
"Appetite" = rate severity and note increase with "↑" and decrease with "↓"
"Physical Symptoms" = symptoms like headache, bloating, cramping, backache, breast tenderness

1st Month

	Date	Menses	Depressed	Tension	Mood	Irritable	Lack of	Difficulty	Appetite	Sleep	Lack of	Physical
			Mood		Swings		Interest	Concentrating			Energy	Symptoms
Day 1												
Day 2												
Day 3												
Day 4												
Day 4 Day 5												
Day 6 Day 7												
Day 7												
Day 8												
Day 9												
Day 10												
Day 11												
Day 12 Day 13												
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Day 14												
Day 15												
Day 16												
Day 17												
Day 18												
Day 19 Day 20												
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Day 22												
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Day 24												
Day 25												
Day 26												
Day 26 Day 27												
Day 28												
Day 29												
Day 30												

2nd Month

	2nd Wonth											
	Date	Menses	Depressed	Tension	Mood	Irritable	Lack of	Difficulty	Appetite	Sleep	Lack of	Physical
			Mood		Swings		Interest	Concentrating		_	Energy	Symptoms
Day 1					<i>S</i> =			8			- 6)	, , , , , , , , , , , , , , , , , , ,
Day 2												
Day 3 Day 4												
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