

Month:

Day	Pain		Constipation		Diarrhea		PMS		Menstruation		Other	
	Present	Intensity	Present	Intensity	Present	Intensity	Symptom	Intensity	Present	Intensity	Symptom	Intensity
1												
2												
3												
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Intensity 1 Slight 2 Medium 3 Intense 4 Unbearable
PMS Symptoms include: headache, cramps, ovulation & bloating