

*Chronically Chic*TM

BEAUTIFULLY PRACTICAL

Symptom Calendar

Thank you for downloading my symptom calendar printable. I hope this helps you on your health journey.

XOXO

Kallista

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Toile de Jouy pattern designed by Bärbel Dressler. © Bear Bell Productions 2020

Symptom Calendar

Example - April

Month

S	M	T	W	TH	F	S
			XXX ¹ C	XX ² B	X ³ BA	
5	6	7	8	9	10	11
		X	X			
XXX ¹² CD ○	XXX ¹³ CD ○○	X ¹⁴ AD ○○○	X ¹⁵ AD ○○			
19	20	21	22	23	24	25
26	27	28	29	30		

Pain Scale

Notes

x 1-3 mild

xx 4-6 moderate

xxx 7-10 severe

- Fill out symptom list below. Mark the letter of the symptom you had at some point during the day.
- Mark spotting with one red Os days with normal flow with 2 red OOs, excessively heavy bleeding with three red OOs.
- Mark mild pain days with one black X, moderate pain days with two black XXs, severe pain days with three black XXXs.
- Circle the Xs if you are awakened from sleep by a symptom.

Symptoms

- A. Fatigue
- B. Back Pain
- C. Headache
- D. Menstrual Cramps
- E. _____
- F. _____
- G. _____
- H. _____
- I. _____
- J. _____
- K. _____
- L. _____
- M. _____
- N. _____
- O. _____
- P. _____
- Q. _____



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Symptoms

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- B. _____
- C. _____
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