Acupuncture Clinic LLC
Mark Abelle L.Ac.
581 E. Main, Ashland, OR 97520

Menstrual Cycle Diary + BBT Chart

Patient:_____ Date:_____

Menstrual Flow

1-slight 3-heavy
2-moderate 4-clots

Grading of Symptoms

1-Mild: present but does not interfere with activities.
2-Moderate: present and interferes with activities but not disabling.
3-Severe: disabling, unable to function.

Day of 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	32	33	34	35	36
Date																																				
Menses																																				
PMS symptoms																																				
MENTAL/EMOTIONAL																																				
Nervous Tension																																				
Moodswings																																				
Irritability																																				
Anxiety																																				
Depression																																				
Forgetfulness																																				
Crying																																				
Confusion																																				
Insomnia																																				
PHYSICAL																																				
Headache																																				
Craving for Sweets																																				
Increased Appetite																																				
Heart Palpitations																																				
Fatigue																																				
Dizziness or Faintness																																				
Swelling of Extremities																																				
Breast Distention & Pain																																				
Abdominal Distention																																				
Diarrhea																																				
Constipation																																				
Menstrual Pain																																				
Abdominal Pain																																				
Low Back Pain																																				
General Aches & Pain																																				
Basal Body Temp																																				