

Symptom Chart

(Adapted from *The Phytogetic Hormone Solution* by Saurdra McKenna, CNM, with permission.)

This chart is designed to help you track symptoms that may be related to a hormone imbalance. Many of these symptoms can occur on a cyclical basis, so it is important to track them for several months. If you experience any of the symptoms identified below the chart, write the number on the line corresponding to the date it occurred. If the symptom seems severe, use one or more plus signs (+) to indicate the level of severity; if mild, use one or more minus signs (-). You can start with Day 1 as either the first day of your menstrual cycle or any calendar day if you are not having regular cycles.

Day	Date	Month 1	Date	Month 2	Date	Month 3
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						

- | | | | | | |
|----------------------|------------------|-----------------------|-------------------------|--------------------|-----------------------|
| 1 no symptoms | 11 backache | 21 dizziness | 31 depression | 41 food craving | 51 lack of libido |
| 2 bleeding | 12 headache | 22 clumsiness | 32 mood swings | 42 weight gain | 52 painful sex |
| 3 spotting | 13 migraines | 23 forgetfulness | 33 hostility | 43 appetite gain | 53 acne |
| 4 cramps | 14 hot flashes | 24 feeling distracted | 34 angry outbursts | 44 appetite loss | 54 dry skin |
| 5 vaginal irritation | 15 night sweats | 25 mental confusion | 35 aggressiveness | 45 upset stomach | 55 hair loss |
| 6 vaginal discharge | 16 irritability | 26 nervous tension | 36 heart racing | 46 bloating | 56 abnormal sweating |
| 7 vaginal dryness | 17 fatigue | 27 anxiety | 37 irregular heart beat | 47 nausea | 57 frequent urination |
| 8 pelvic pain | 18 crying | 28 lethargy | 38 neck pain | 48 vomiting | 58 incontinence |
| 9 breast pain | 19 feeling faint | 29 insomnia | 39 muscle/joint pain | 49 flatulence | 59 self-abusiveness |
| 10 nipple pain | 20 feeling shaky | 30 withdrawn | 40 joint swelling | 50 fluid retention | 60 other (describe) |