

Symptoms chart—One week

Symptoms Date: mm/ww/yy	Periods	Pain levels	Fatigue	Constipation	Sleep	Meds taken	Supplements taken	Diet Changes	Notes: i.e stress, Life changes, Full moon!!

Use color blocks to highlight different symptoms: Use felt tip pens and pin this chart on your wall. Mark your symptoms and write up any specifics like supplements taken.

Periods - Red - this will chart how many days you bleed

Pain levels - purple - if lots of pain color full box, if pain levels lower color half box

Fatigue - Blue - if fatigue is bad color full box, and half box for less fatigue

Constipation - Brown - if constipated leave blank, if bowels ok then fill in

Sleep - Black - Fill in completely if sleep ok, leave blank for insomnia, and half fill if only few hours sleep

Write in the pain meds you have taken and the same for supplements. Take note of diet changes which will may help you note any symptom changes and the same for stress issues.

Using these color blocks will give you a very quick 'view at a glance' way of tracking your symptoms rather than having to read off written notes. Building up your chart will help you to start seeing patterns and changes in your symptoms. The full moon is suggested in the notes because it can affect many with their symptoms.