

Daily Symptom Chart

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Month: _____ Days

	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
Tired																															
Muscle Ache																															
Lack of Focus																															
Irritable																															
Depressed																															
Moody																															
Headache																															
Crave sugar																															
Sleepy																															
Constipation																															
Diarrhea																															
Gassy																															
Rectal or Vaginal Discomfort																															
Lack of sexual feelings																															
Cramps																															
Numb																															
Painful Joints																															
Crying Jags																															
Dizzy																															
Sinus Discomfort																															
Insomnia																															
Bad Breath																															
Body Odor																															
Sore Throat																															
Coughing/wheezing/shortness of breath																															

