



PMS Diary

Today' date: _____

Are you presently menstruating? Yes No

Rate the average intensity of discomfort you experienced during the previous 24 hours.

PMS/MENSTRUAL SYMPTOMS	Absent=0	Mild=1	Moderate=2	Severe=3
1. Mood Swings/Crying spells				
2. Depression/Sadness/Hopelessness				
3. Anxiety/Tension/Nervousness				
4. Anger/Aggression/Irritability				
5. Reduced interest in usual activities				
6. Difficulty concentrating				
7. Fatigue/Lack of energy				
8. Raised/Reduced appetite/Cravings				
9. Insomnia/Increased Sleepiness				
10. Feeling out of control				
11. Abdominal bloating				
12. Abdominal cramps/Discomfort				
13. Generalized Aches & Pains				
14. Lower backache				
15. Headache				
16. Swelling of extremities				
17. Breast tenderness/fullness				
DAILY SCORE:				

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