Complete Hormone Makeover Cycle Chart

Name: _____

Rate severity of symptoms on a scale from 1 to 10. 1 = mild and 10 = severe.

	Date																																								
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	37	38	39	40	41
Symptom																																										
Aches Pains Arthritis																																										
Acne																																										
Anxiety																																										
Backache w/ Period																																										
Breast Tenderness																																										
Cold Hands & Feet																																										
Cramps																																										
Crying																																										
Depression																																										
Dry Skin																																										
Excessive Body Hair																																										
Facial Hair																																										
Fatigue																																										
Foggy Thinking																																										
Forgetfulness																																										
Frequently Cold																																										
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	37	38	39	40	41
Hair loss																																										
Headaches																																										
Heart Palpations																																										
Hot Flashes																																										
Incontinence																																										
Insomnia																																										
Irritability																																										
Low Body Temp																																										
Low Sex Drive																																										
Mood Swings																																										
Night Sweats																																										
Oily Skin																																										
Puffy Eyes																																										
Thinning Pubic Hair																																										
Thinning Skin																																										
Vaginal Dryness																																										
Water Retention																																										