



SYMPTOMS AND MENSTRUAL CYCLE TRACKER

This tracker is designed to help you understand the changes in your Parkinson's symptoms across the progression of your cycle.



Fill these in with a red pen on the days you are menstruating. You can fill them up halfway for days you're starting or ending your menstruation.

Write the severity of each symptom by entering in a number in the box from 0 to 5, 0 being no symptom and 5 being the most intense.

Use this gray box to write in another symptom not listed that you would like to track

DAY	MENTAL SYMPTOMS										PHYSICAL SYMPTOMS																				
	Anxiety	Depression	Delusions / Hallucinations	Memory deficit	Mental Fatigue	Mood swings	Confusion	Euphoria	Apathy	Confusion	Impulsivity	Motivation Loss	Constipation	Chills	Blurred Vision	Freezing	Headache	Heartburn	Joint Pain	Leg Pain	Lightheadedness	Nausea/Vomiting	"OFF" time	Pain	Rigidity	Sleep/Insomnia	Speech	Swallowing	Sweating	Slowness of Movement	
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2			2																												
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