Calendar for tracking symptoms per day of their menstrual cycle in women with Parkinson's disease

Day	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
Hormonal symptoms																																								
Abdominal pain																																								
Bloated feeling																																								
Blood loss (including period, spotting)																																								
Experience extra stress at home or at work																																								
Food cravings																																								
Gloominess / depression																																								
Mood swings																																								
Tenderness breasts																																								
Tense feeling																																								
Day	**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**
Motor symptoms																																								
Bradykinesia (slowness of movement)																																								
Difficulty typing																																								
Dyskinesia (involuntary movements)																																								
Dystonia (severe muscle cramping)																																								
Freezing of gait																																								
Low voice volume																																								
Micrographia (small handwriting)																																								
Rigidity (stiff muscles)																																								
Tremor																																								
Day	**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**
Non-Motor symptoms																																								
Anxiety																																								
Apathy																																								
Constipation																																								
Excessive daytime sleepiness																																								
Excessive sweating																																								
Fatigue																																								
Impulse control disorder (e.g. binge eating, shopping)																																								
Low blood pressure																																								
Nausea																																								
Pain in your body																																								
Problems with memory																																								
Swallow issues																																								
Urinary urgency																																								
Urinate more frequently																																								
Weight changes																																								

SEVERITY OF SYMPTOMS (HORMONAL & PARKINSON'S) 0= None 1= mild 2= medium 3= severe www.mymovesmatter.com

Calendar for tracking symptoms per day of their menstrual cycle in women with Parkinson's disease

Day	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
Parkinson's Medication																																								
List your usual medications below & tick each day when you took your medication as per your proper schedule																																							
Put a x if you did not follow your schedule on any																																							
Hormone Medication																																							
List any hormone medications you are taking & if you take a break in your oral contraceptive pill, tick which days																																							
Spare boxes if you want to add any other symptoms																																							
Day	**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**
Notes																																							

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