

PMS SYMPTOM TRACKER

Use this symptom tracker to see if there are any patterns or more extreme ADHD signs during the month which may relate to your menstrual cycle. List any specific symptoms or thoughts you may have which can be helpful for you to reflect on and to show as evidence to your healthcare provider.

| | Physical symptoms List any symptoms | Anxiety/ anxious thoughts Rating 0-100 List specific thoughts | Depressed feelings/ thoughts Rating 0-100 List specific thoughts | Distractibility Rating 0-100 | Irritability Rating 0-100 | Impulsivity Rating 0-100 |
|--------|---|--|---|--|---|--|
| Week 1 | | | | | | |
| Week 2 | | | | | | |
| Week 3 | | | | | | |
| Week 4 | | | | | | |

Adapted from Mutti-Driscoll
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