

Central Iowa Compounding  
 2809 100th Street  
 Urbandale, Iowa 50322  
 515-252-7688

Name

Year

**SYMPTOM/MENSTRUAL CHART**

	Jan	Feb	Mar	Apr	May	Jun
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A= Anxiety  
 B= Breast Tenderne  
 C= Cramps  
 D= Depression  
 F= Food Cravings  
 H= Headache/Migrai  
 I= Insomnia

J= Joint Pain  
 L= Low Libido  
 M= Menstruation  
 N= Night Sweat  
 O= Acne  
 P= Heart Palpitation  
 Q= Mental Confusio

S= Spotting  
 T= Tension/Irritability  
 U= Urinary Tract Infection  
 V= Vaginal Dryness  
 W= Weight Gain/Excess Fluid  
 X= Hot Flash  
 Y= Yeast Infection

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Name

Year

**SYMPTOM/MENSTRUAL CHART**

	July	Aug	Sept	Oct	Nov	Dec
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