Charlotte Cooper

PMDD COURSE • DAILY CYCLE LOG

You do not need to understand how you feel while you are writing this. You do not need to decide whether it is PMDD, hormones, stress or simply a difficult day. Just write what today felt like. Give your mood a number between 1 and 10, then leave it there. We are looking for the pattern over time, not analysing every individual day.

Some days you may write one word. Other days you may fill the space. Both are enough.

WHAT IS CYCLE DAY 1?

Cycle Day 1 is the first day of your period. If you have a little spotting before your period properly begins, do not count the spotting as Day 1. Start counting from the first day of proper menstrual bleeding. That day is Day 1, the next day is Day 2, and so on.

DAY 1

DATE	CYCLE DAY	CYCLE PHASE	MOOD
			○ ○ ○ ○ ○ ○ ○ ○ ○ ○
			1 (worst) 10 (best)

INSIDE ME TODAY

AROUND ME TODAY

DAY 2

DATE	CYCLE DAY	CYCLE PHASE	MOOD
			○ ○ ○ ○ ○ ○ ○ ○ ○ ○
			1 (worst) 10 (best)

INSIDE ME TODAY

AROUND ME TODAY

DAY 3

DATE	CYCLE DAY	CYCLE PHASE	MOOD
			○ ○ ○ ○ ○ ○ ○ ○ ○ ○
			1 (worst) 10 (best)

INSIDE ME TODAY

AROUND ME TODAY

DAY 4

DATE	CYCLE DAY	CYCLE PHASE	MOOD
			○ ○ ○ ○ ○ ○ ○ ○ ○ ○
			1 (worst) 10 (best)

INSIDE ME TODAY

AROUND ME TODAY

Patterns matter more than perfect entries.

Mood scale reminder:
1 = feeling the worst • 10 = feeling the best

Created by Charlotte Cooper for the Charlotte Cooper PMDD Course