

“Know Your Body.  
Know The Symptoms.  
Help Spread The Word.”

**Symptoms Diary:  
Persistence Matters!**

If you experience any of these **symptoms**, circle the days you experience the symptom. For example, if you have abdominal pain on Tuesday and Wednesday during the same week, circle those days.

If you have any of these symptoms almost daily for more than a month, **please see your doctor** (preferably a gynecologist) right away.

	<b>Bloating</b>	<b>Pelvic/ Abdominal Pain</b>	<b>Difficulty eating or feeling full quickly</b>	<b>Urinary Symptoms</b>	<b>Other Symptoms</b>
<b>Week 1</b>	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	
<b>Week 2</b>	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	
<b>Week 3</b>	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	
<b>Week 4</b>	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	Sunday Monday Tuesday Wednesday Thursday Friday Saturday	

