

His & Hers PMS premenstrual Syndrome Calendar

HER MOST COMMON PHYSICAL SYMPTOMS ON HER PMS DAYS

Bloating	Sensitivity to light
Weight gain Cramps	Sensitivity to sounds
Lower back pain	Seizures
Shoulder pain	Cold sores
Leg pain	Increased Circulatory Problems
Joint pain	Shortness Of breath
Muscle weakness	Asthma
Fatigue	Irregular Heart beat
Puffy Eyes	Increased Appetite
Blurred Vision Breast	Decreased Appetite
tenderness Swollen	Eye Sties
Breasts	Hoarseness
Dry Mouth	Swollen Extremities
Allergies	Skin Disorders
Hot Flashes Perspiration	Excessive Sleeping
Insufficient Energy Acne	Increased Sensitivity to Alcohol
Dry Skin	Gas
Oily Skin	Glaucoma
Oily Scalp	Shakiness
Getting Tired Easily	Sore Throat
Cravings for Alcohol	Excessive Thirst
Cravings For Sweets	Sinus Problems
Cravings For Salts	Poor Vision
Headaches Migraine	Dizziness
Headaches Muscle	Light Headedness
Stiffness Cold Sweats	Lump In Throat
Clumsiness	Increased Sensitivity to Tastes
Nausea	Increased Sensitivity to Odors
Increased Sex Drive	Increased Sensitivity to Certain Fabrics
Decreased Sex Drive	Drug Abuse
Water Retention Racing	Ringling In Ears
Heart Sweaty Palms	Excessive Smoking
Facial Swelling	Constipation
Vomiting	Getting Bruise Easily
Frequent Urination	Diarrhea