

PCOS Symptom & Cycle Tracker

PCOS can affect your cycles, energy, skin, and mood in many ways.

Keeping track of symptoms helps you notice patterns, share important details with your Care Team, and make changes that support your health. Use this checklist as a guide to what you should record each month.

1 Track Your Cycle

- ☐ Record start and end dates of your period
- ☐ Note flow level (light, medium, heavy, spotting)
- ☐ Track cycle length and any irregularities (apps like Clue can help)

2 Monitor Daily Symptoms

- ☐ Energy level (low, medium, high)
- ☐ Mood changes (sad, neutral, happy)
- ☐ Cravings or appetite shifts
- ☐ Sleep quality
- ☐ Skin changes (acne, oily, clear)
- ☐ Hair changes (shedding, growth, excess hair)

3 Lifestyle & Habits

- ☐ Exercise or movement completed
- ☐ Balanced meals and hydration
- ☐ Stress level (low, medium, high)
- ☐ Medications or supplements taken

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Monthly Reflections

- What patterns did you notice?
- What made you feel better?
- What challenges came up?

Questions for your provider:

Looking for PCOS support?

Our experienced PCOS Care Team is ready to help you achieve your goals. Visit illumefertility.com or call (203) 750-7400 for more resources and information.

Disclaimer: This checklist is intended for educational purposes only and does not replace medical advice from your healthcare provider. Every patient's situation is unique. Always consult a qualified healthcare professional for individualized guidance.