# Weektracker

**Week: _____ Cyclusdagen:_____**

**Datum:_____**

| **Symptoom** | **MA** | **DI** | **WO** | **DO** | **VR** | **ZA** | **ZO** |
|---|---|---|---|---|---|---|---|
| Prikkelbaar | | | | | | | |
| Boos | | | | | | | |
| Somber | | | | | | | |
| Angstig | | | | | | | |
| Paniek | | | | | | | |
| Huilbuien | | | | | | | |
| Brain fog | | | | | | | |
| Moe | | | | | | | |
| Concentratieproblemen | | | | | | | |
| Slaapproblemen | | | | | | | |
| Hoofdpijn | | | | | | | |
| Buikpijn | | | | | | | |
| Opgeblazen gevoel | | | | | | | |
| Gevoelige borsten | | | | | | | |
| Spier/gewrichtspijn | | | | | | | |
| Meer eetlust | | | | | | | |

| **Dagelijks functioneren** | **MA** | **DI** | **WO** | **DO** | **VR** | **ZA** | **ZO** |
|---|---|---|---|---|---|---|---|
| Energie | | | | | | | |
| Stress | | | | | | | |
| Werk/studie | | | | | | | |
| Sociale contacten | | | | | | | |
| Zelfzorg | | | | | | | |

# Slaap:

# Medicatie:

# Bijzonderheden: