



Unspoken Words
unspokenwordsonline.com

NOTES:

*"Science is organized
knowledge. Wisdom is organized
life"*

-Immanuel Kant

Track your PMS symptoms for three months and see how the knowledge helps your life. Use the legend below or create your own to identify your symptoms and how long they last.

Legend:

Breast Tenderness: BT

Headache: H

Cramping: C

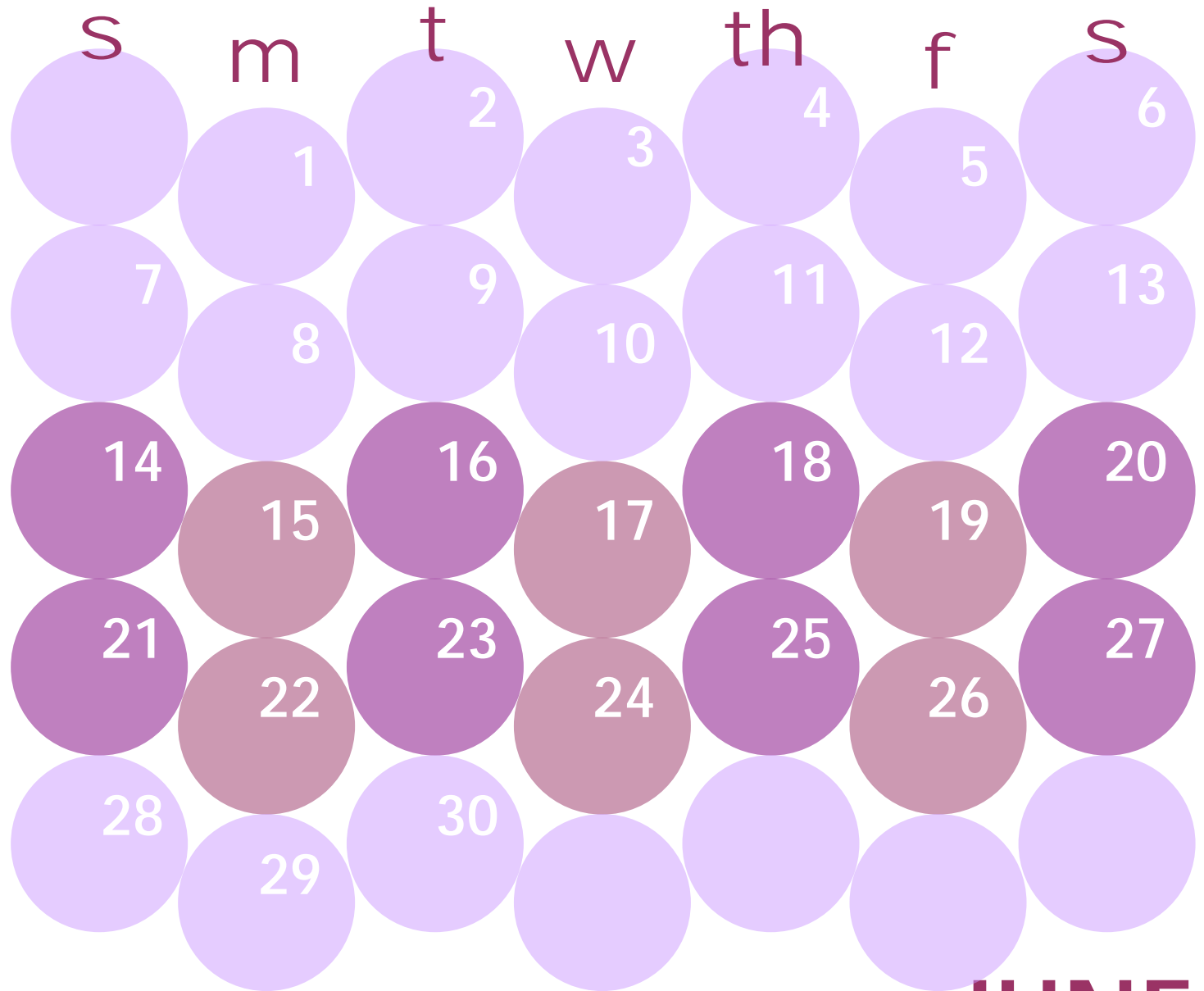
Bloating: B

Salty Craving: SC

Sweet Craving: SWC

Irritability: I

Insomnia: S



JUNE
2009



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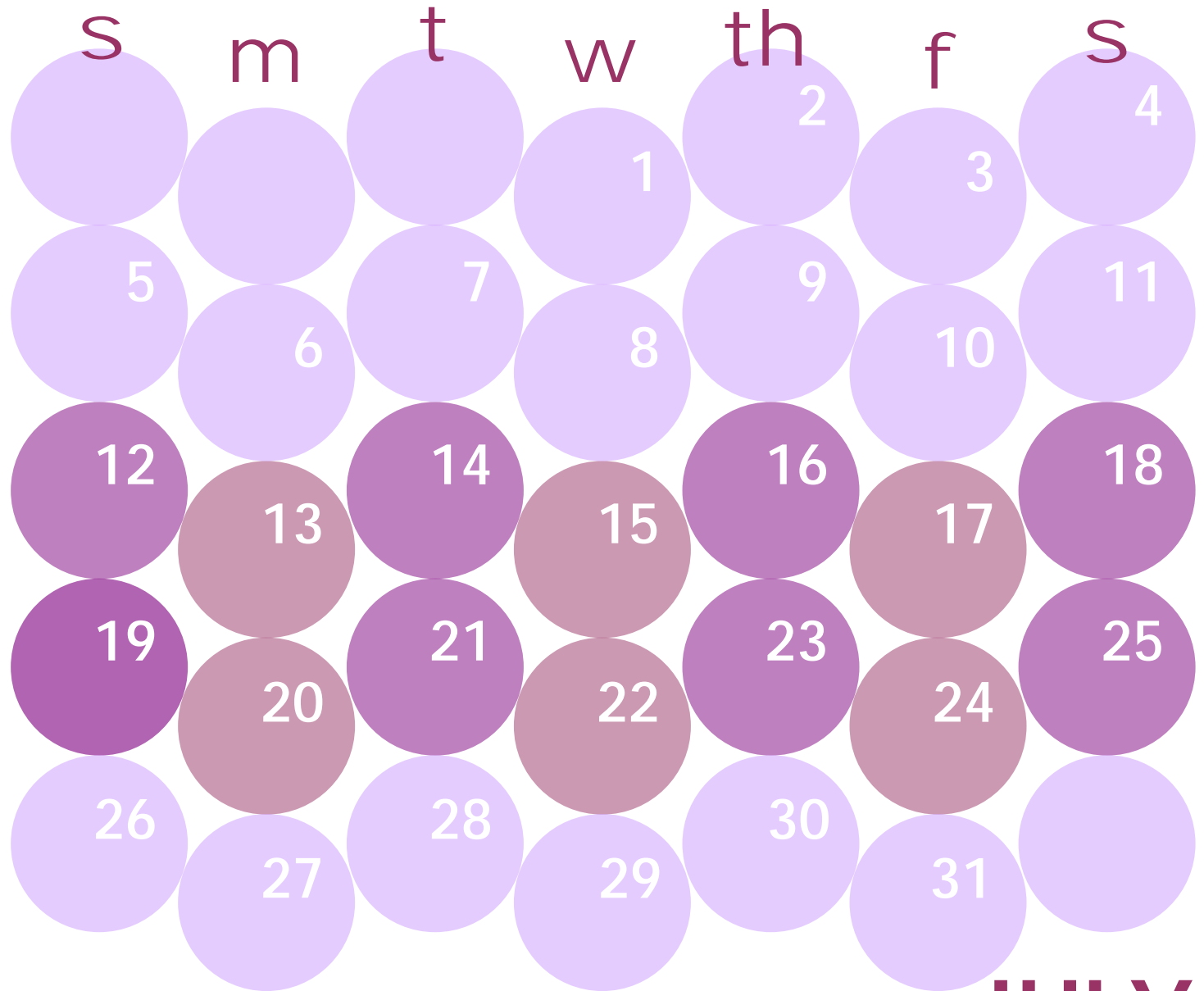
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JULY
2009



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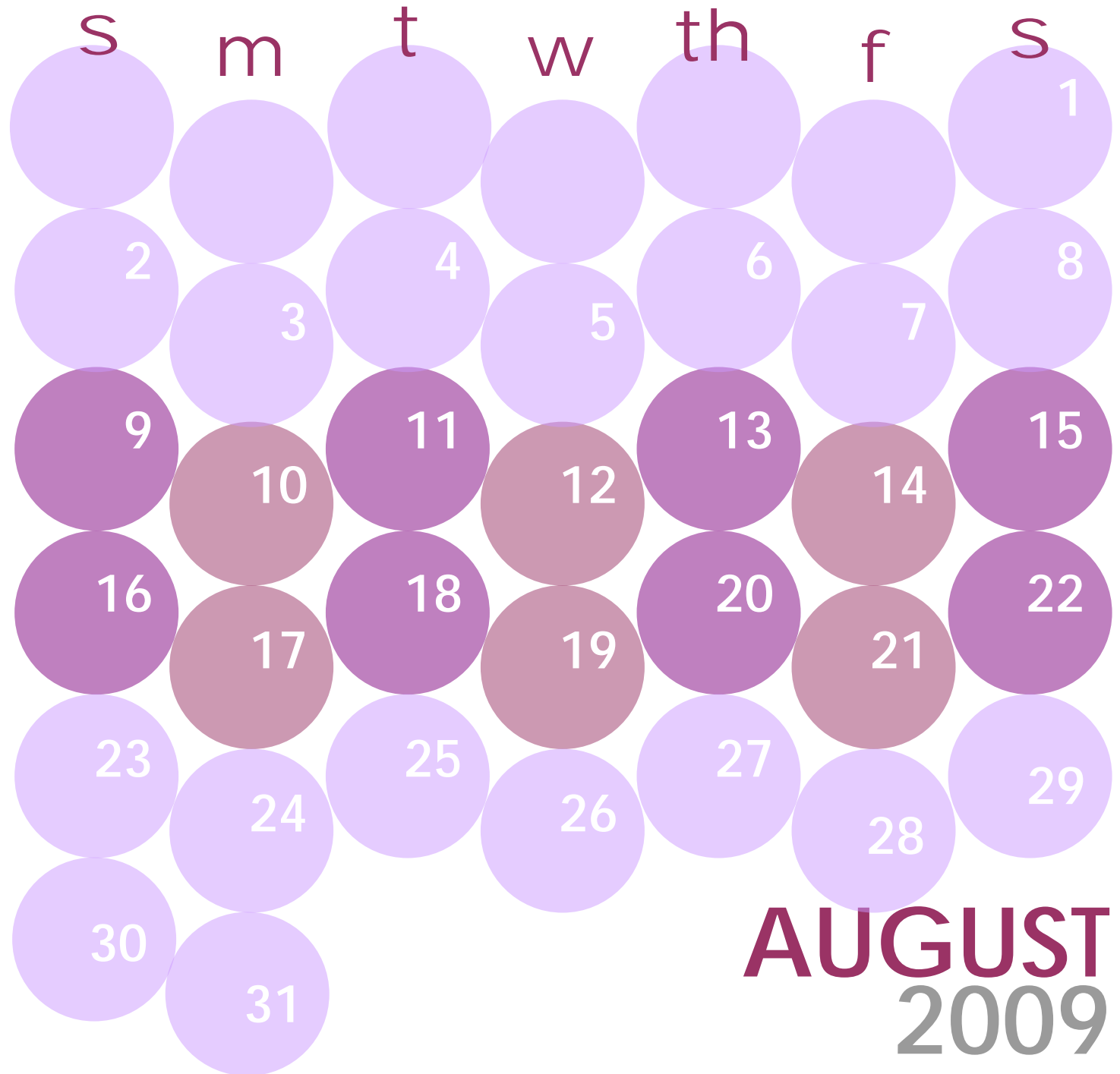
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AUGUST
2009



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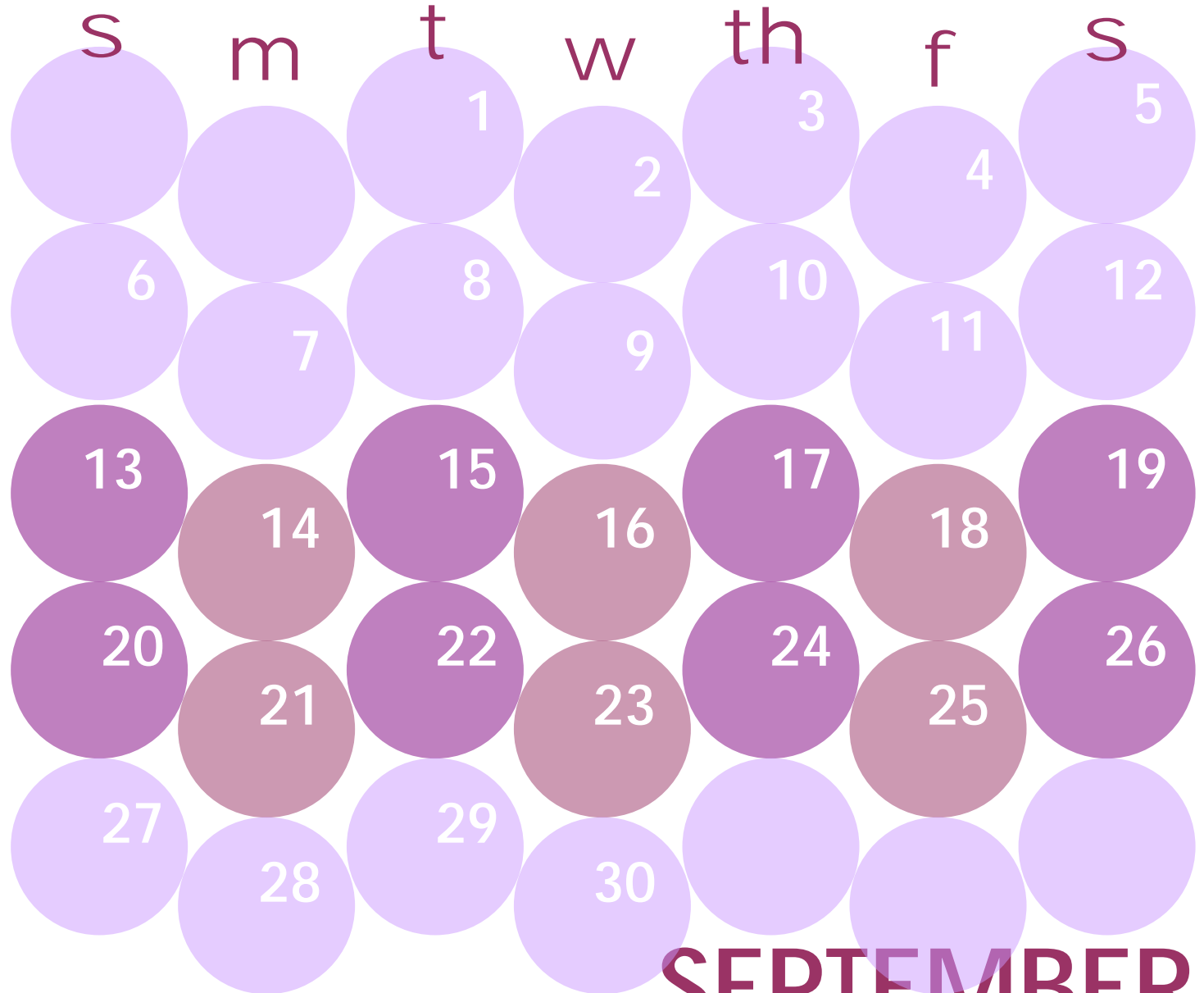
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SEPTEMBER
2009



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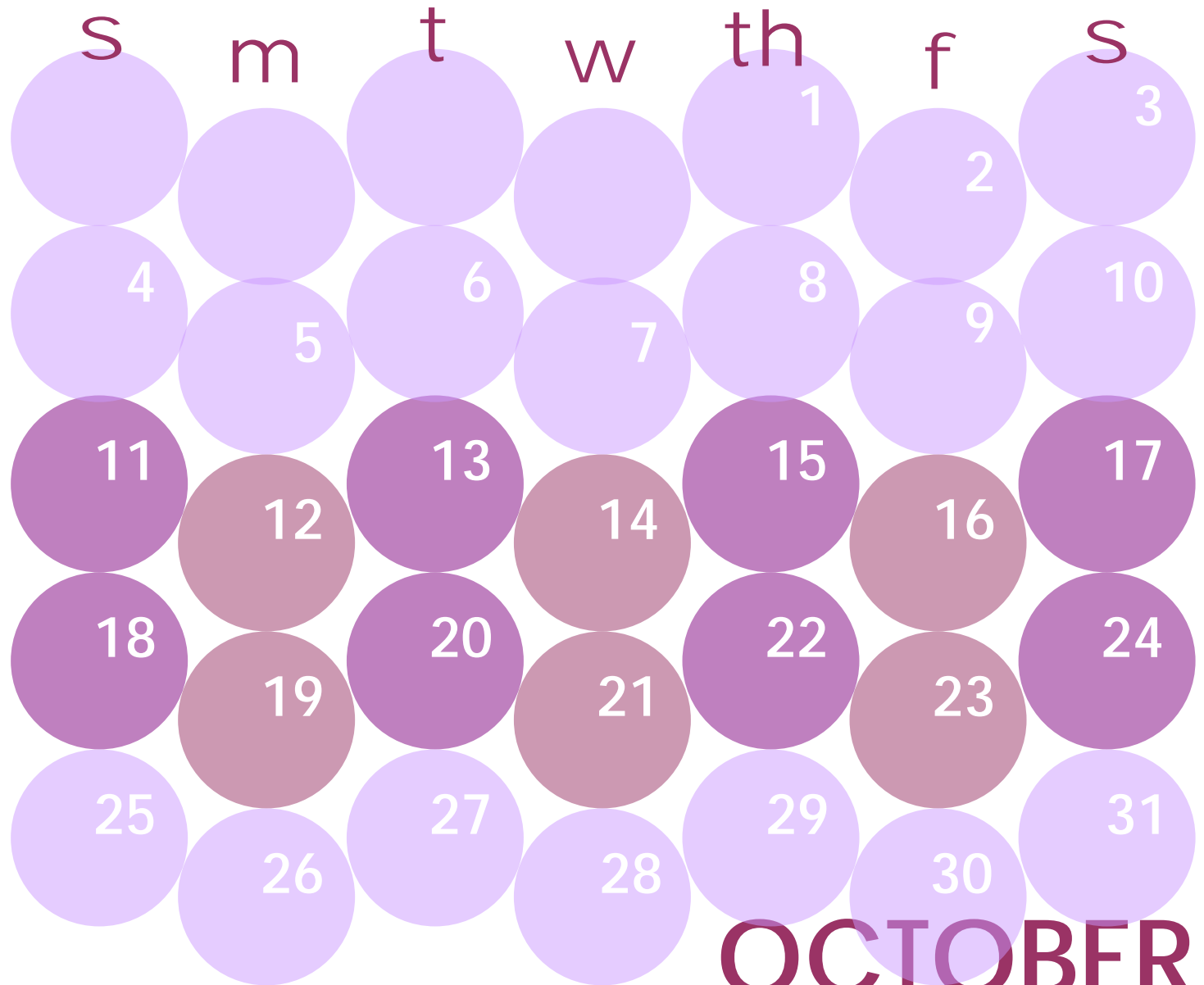
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OCTOBER
2009



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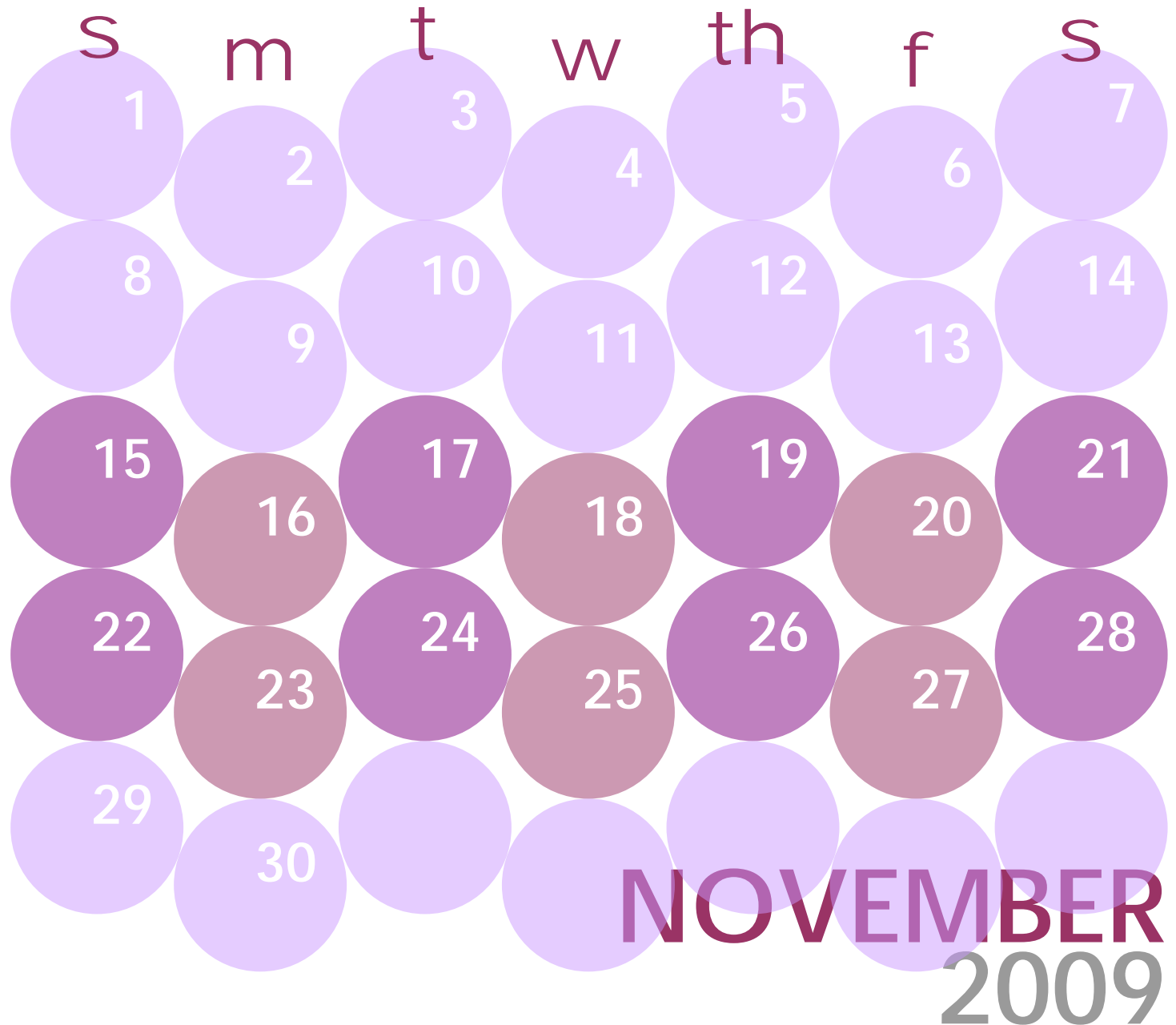
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