

# MENOPAUSE SYMPTOM TRACKER

MONTH \_\_\_\_\_

SEVERITY 1 = LOW

2 = MEDIUM

3 = HIGH

4 = OVULATION

5 = BLEED

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Hot Flashes							
Brain Fog							
Night Sweats							
Night Wake ups							
Headache/Migrane							
Mood Swings							
Anxiety							
Vaginal Discomfort/Dryness							
Incontinence							
Joint pain							
Acid Reflux							
Bloating/Gas							
Constipation							
Diahrrea							
Heart Palpitations							
Dizziness/Vertigo							
Fatigue							
Other							

INDICATE USING THE NUMBERS THE DAY YOU HAVE SYMPTOMS, THE SEVERITY, OVULATE AND BLEED

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