

Name/Birthday \_\_\_\_\_ Month/Year \_\_\_\_\_



## Ellen Dolgen's Menopause Symptoms Chart

This chart is designed to be a guide that helps you explain your symptoms to a menopause specialist. Fill out the chart every day! This will make it easier for a doctor to create your individualized treatment plan. Go to [EllenDolgen.com](http://EllenDolgen.com) and sign up for the free Newsletter to receive the latest information on menopause and women's health.

*How Hot Are Your Symptoms?*    **S**–Small Problem                      **M**–Medium Problem                      **L**–Large Problem                      **Blank Square**–Not a Problem

Day of the month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
<b>PERIOD</b>																																
Spotting																																
Light																																
Medium/Typical																																
Heavy																																
<b>MENTAL/EMOTIONAL</b>																																
Memory Loss																																
Mood Swings																																
Depression																																
Withdrawn/Antisocial																																
Anxiety																																
Overwhelmed																																
Weeping/Crying/Sobbing																																
Grumpy																																
Bursts of Anger/Violent																																
Loss of Libido																																
<b>PHYSICAL</b>																																
Hot Flashes or Flushes (Day)																																
Night Sweats																																
Insomnia																																
No Energy/Exhausted																																
Dry, Papery Skin																																
Hair Loss																																
PMS-like Bloating																																
Sore/Swollen Breasts																																
Increased Chin Whiskers																																
Pimples/Acne																																
Deepening Voice																																
Migraine																																
Heart Palpitations																																
Weight Gain																																
Stiffness/Aches Pains																																
Bladder Issues																																
Vaginal Discharge																																
Vaginal Dryness																																
Painful Sex																																
<b>OTHER</b>																																