

MENOPAUSE SYMPTOM TRACKER

Name _____ Birth Date _____

DAY	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	
PERIOD	RATE YOUR SYMPTOM: 1 (LIGHT) 2 (NORMAL) 3 (HEAVY) LEAVE BLANK IF NON-EXISTENT																															
Spotting																																
Bleeding																																
PHYSICAL	RATE YOUR SYMPTOM: 1 (LIGHT) 2 (NORMAL) 3 (HEAVY) LEAVE BLANK IF NON-EXISTENT																															
Hot Flashes																																
Night Sweats																																
Insomnia																																
Low Energy/Exhaustion																																
PMS-Like Bloating																																
Abnormal Uterine Bleeding																																
Sore/Swollen Breasts																																
Hair Loss																																
Facial Hair																																
Dry Skin																																
Acne																																
Musculoskeletal Disorders																																
Gastrointestinal Issues																																
Urinary Incontinence																																
Numbness/Tingling																																
Tendonitis																																
Vertigo																																
Loss of Muscle Mass																																
Migraines																																
Stiffness																																
Joint/Muscle Pain																																
Heart Palpitations																																
Deepening Voice																																
Tinnitus																																
Weight Gain																																
Urinary Incontinence																																
Vaginal Discharge																																
Vaginal Dryness																																
Painful Sex																																
COGNITIVE/PSYCHOLOGICAL	RATE YOUR SYMPTOM: 1 (LIGHT) 2 (NORMAL) 3 (HEAVY) LEAVE BLANK IF NON-EXISTENT																															
Brain Fog																																
Memory Loss																																
Mood Swings																																
Depression																																
Anxiety																																
Irritability																																
Social Withdrawal																																
Loss of Libido																																
Other																																

ELLEN DOLGEN

Fearless Leader of the Menopause Revolution