

MENOPAUSE SYMPTOM TRACKER

MAKING MENOPAUSE MARVELLOUS

Rate your symptoms today. Check in again after starting HRT or making lifestyle changes to see what's changed and how well they're working.

Symptoms	Never 0	Mild 1	Moderate 2	Extreme 3	Comments
Heart palpiations					
Hot flush/Temperature change					
Sleep changes					
Tension/Anxiety/Panic					
Difficulty concentrating					
Lack of energy					
Loss of sense of self					
Low mood/Feeling depressed					
Irritability/RAGE!					
Muscle/Joint Pain					
Dizzy feeling light-headed					
Vagina: Dryness/Changes					
Reduced sex drive					
Urinary Symptoms					
Other:					

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