Change it up!

Symptoms Tracker

Step 1 Add in the month and the dates of the month in the small box

Step 2 Record each symptom using the name or if you have many symptoms, you may find it easier to use the coresponding number

SYMPTOMS TRACKER

Month:

SUN	MON	TUES	WED	THURS	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Menopause Symptoms

1.Hot flashes/night sweats
2. Fatigue
3. Anxiety/panic attacks
4. Dizziness
5. Loss of sex drive/sexual problems
6. Mood swings
7. Irritability
8. Insomnia
9. Hair loss/gain
10. Brain fog
11. Weight gain
12. Palpitations/irregular heartbeat
13. Nausea
14. Migraines/headaches
15. Allergies
16. Irregular periods
17. Itchy skin
18. Joint and muscle pain
19. Low mood/feelings of depression
20. Digestive problems
21. Incontinence
22. UTI's/thrush/cystitis
23. Vaginal dryness
24. Tingling
25. Tender breasts
26. Heavy periods
27. Skin changes
28. Dry/burning mouth
29. Electric shocks