



Menopause Symptom Tracker

Mark each day you experience a symptom.

Use the following legend to track frequency and severity:

L = low severity and/or 1-2 occurrences daily

M = moderate severity and/or 3-5 occurrences daily

H = High severity and/or 6+ occurrences daily

Feel free to add notes that include details/character of the symptoms, duration, intensity and any triggers of your symptoms.

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
Hot/Cold Flashes																															
Night Sweats																															
Heart Palpitations																															
Emotional changes; anger, Irritability and Mood swings																															
Sleep issues / Fatigue																															
Low sex drive																															
Dry skin, hair, nails, month,																															

