



Track what matters. Share what helps.

Daily Log (7-10 Days)

Date Pain	Level (1–10)	Location of Pain	Fatigue (Y/N)	Bloating GI Symptoms	GI Symptoms	Other Notes

Monthly Cycle Notes

Start Date	Flow (Light/Med/ Heavy)	PMS Symptoms	Ovulation Pain?	Missed Work/School?

This tracker was designed by EmpowHER AI Care Advocate Casey to help women feel heard, prepared, and in control of their endo care journey.