



Symptom Tracker

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

- 1. Low mood
 - 2. Tense /nervous
 - 3. Difficulty concentrating
 - 4. Irritable
 - 5. Headaches
 - 6. Tinnitus
 - 7. Insomnia
 - 8. Dizzy
 - 9. Palpitations
 - 10. Tingling or numbness
 - 11. Hot flushes/night sweats
 - 12. Fatigue/ lack of energy
 - 13. Loss of libido
 - 14. Joint or muscle pains
 - 15. Itchy skin
 - 16. Hair loss
 - 17. Brittle Nails
 - 18. Breast pain
 - 19. Weight gain
 - 20. Bloating
 - 21. Digestive problems
 - 22. Urinary incontinence
 - 23. Pain passing urine
 - 24. Vulval/vaginal irritation
- P** Period