



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

