

MenoPause Symptom Tracker

Take charge of your menopause by tracking symptoms that may be having a negative impact on your life. Check the boxes below and comment on how the symptoms you experience affect daily living and your overall health. Share the information with your healthcare practitioner or use it to get referred to a menopause specialist.

Physical

Often

Sometimes

Rarely

Never

| | | | | |
|---------------------------------------|--|--|--|--|
| Hot Flashes and/or Night Sweats | | | | |
| Period Changes | | | | |
| Body and Joint Aches | | | | |
| Fatigue | | | | |
| Headaches and/or Migraines | | | | |
| Skin and Hair Changes | | | | |
| Heart Palpitations | | | | |
| Dry Eyes | | | | |
| Dry Mouth and/or Dental Complications | | | | |

Mood & Mental Health

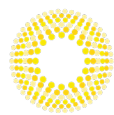
Often

Sometimes

Rarely

Never

| | | | | |
|--------------------------------------|--|--|--|--|
| Anxiety (Nervous, Stressed) | | | | |
| Depression | | | | |
| Low Mood | | | | |
| Feeling Not Yourself, Low Confidence | | | | |
| Mood Swings | | | | |
| Low Motivation or Energy | | | | |
| Crying Spells | | | | |



MenoPause Symptom Tracker

Genitourinary & Sexual Health

Often

Sometimes

Rarely

Never

| | | | | |
|---|--|--|--|--|
| Vaginal/Vulva Dryness, Itching, Burning | | | | |
| Painful Sex | | | | |
| Urinary Incontinence/Leaking Urine | | | | |
| Urinary Urgency | | | | |
| Urinary Tract Infections (UTIs) | | | | |
| Low Libido/Sexual Desire | | | | |
| Sexual Arousal Issues | | | | |

Cognition & Sleep

Often

Sometimes

Rarely

Never

| | | | | |
|------------------------------|--|--|--|--|
| Brain Fog | | | | |
| Sleep Disturbance | | | | |
| Forgetfulness | | | | |
| Concentration Issues | | | | |
| Short-term Memory Challenges | | | | |
| Poor Word Finding | | | | |
| Slower Processing Speed | | | | |

Impact/Notes
