

# Hints for keeping a menopause symptom diary

A symptom diary helps you track changes, identify triggers, and give your GP or coach a clear picture of what's happening. Here's what to include:



## Date & Time:

Record the day and time so you can see patterns over weeks and months.



## Symptoms:

Note any physical, emotional, or cognitive symptoms, e.g., hot flushes, fatigue, brain fog, mood changes.



## Severity:

Rate how strong or disruptive each symptom was on a scale of 1 (mild) to 5 (severe).



## Possible Triggers:

Write down anything that might have contributed, like food, stress, exercise, lack of sleep, or environmental factors.



## Relief Tried:

Note anything that helped ease your symptoms, such as hydration, cooling techniques, short breaks, exercise, supplements, or medications.



## Notes / Observations:

Add any other thoughts, reflections, or changes you notice. This helps you and your healthcare professional or coach see patterns and track progress.

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