

Menolux Menopause Tracker Journal

Track. Reflect. Thrive.

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Journal Sections:

Welcome Page & How to Use This Journal

Why Track Your Menopause Journey?

Menopause is not just a phase — it's a powerful transformation. But the changes it brings can often feel unpredictable and overwhelming. That's where **tracking** becomes your secret weapon.

By logging your daily or weekly experiences — from sleep patterns and mood swings to hot flashes and energy levels — you begin to **recognize patterns**, **understand your body**, and **reclaim control** over your wellbeing.

Tracking helps you:

- Spot connections between symptoms and lifestyle choices
- Advocate for yourself in medical appointments with clear data
- Make informed adjustments to your nutrition, movement, and self-care
- Feel seen, supported, and empowered

This journal is your safe space to pause, reflect, and notice. You are not imagining it. You are evolving — and this tool will help you navigate that evolution with clarity and confidence.

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Symptom Tracker Pages (Daily or Weekly)

DATE	HOT FLASHES	MOOD	SLEEP	ENERGY	BRAIN FOG	BLOATING	LIBIDO	NOTES

NOTES:

Cycle & Period Log (if perimenopausal)

MONTH	FIRST DAY	FLOW(LIGHT/MODERATE/HEAVY)	PMS SYMPTOMS	OVULATION SIGNS	NOTES

Notes:

Mood & Emotions Log

DATE	EMOTIONS (1-10)	TRIGGERS	RESPONSE	NOTES

Notes:

Sleep Tracker

DATE	BEDTIME	WAKE-UP	SLEPT	NIGHT WAKING (Y/N)	QUALITY (1-5)	NOTES

NOTES:

Nutrition & Cravings Log

Date	Meals & Snacks	Cravings	Water Intake	How Food Made you feel	Notes

Notes:

Movement & Activity Tracker

DATE	ACTIVITY	DURATION	INTENSITY (1-5)	HOW YOU FELT AFTER	NOTES

Notes:

DAILY REFLECTION PROMPTS

1. "Today I felt..."

○ "A symptom that surprised me was..."

○ "I supported myself today by..."

○ "Tomorrow I will..."

Weekly Reflection & Summary

- Wins this week

- Challenges

- Symptom patterns

- What I'll adjust next week

Monthly Summary Page

summary logs for:

- Most common symptoms

- Emotional trends

- Hormonal support notes (HRT/BHRT)

Add-Ons for Your Menopause Tracker Journal

Weekly Inspirational Quotes

Week 1: "You are not lost. You are recalibrating."

Week 2: "There is power in pausing, there is strength in softness."

Week 3: "Healing is not linear. Grace lives in the in-between."

Week 4: "Your body is not betraying you. It is speaking to you."

Week 5: "Progress is not perfection. One mindful step at a time."

Week 6: "You are allowed to be both a masterpiece and a work in progress."

Week 7: "Menopause is a beginning, not an ending."

Week 8: "Each symptom is a signal, not a sentence."

MINI GUIDE: WHAT'S HAPPENING TO YOUR HORMONES?

During menopause, three major hormones begin to shift:

Estrogen: Begins to fluctuate and decline, affecting mood, cognition, skin, bones, and temperature regulation.

Progesterone: Declines significantly, often leading to sleep disturbances, anxiety, and irregular cycles (in perimenopause).

Testosterone: May also decline, contributing to decreased libido, energy, and muscle tone.

These shifts can impact everything from metabolism to mood. Understanding the role of each hormone helps you identify supportive strategies like nutrition, movement, sleep, and supplementation.

CHECKLIST: DOCTOR VISITS & HORMONE HEALTH

Before Your Visit:

- _____
- _____
- _____
- _____

Questions to Ask:

- _____
- _____
- _____
- _____

Labs to Discuss:

- _____
- _____
- _____
- _____



Menolux — Let's Normalize Menopause