MENOPAUSE SYMPTOM TRACKER

Track changes over time and note symptom severity

Fitnixx coaching
finding balance with the new you

RATING GUIDE

0 None | 1 Mild | 2 Moderate | 3 Severe

SYMPTOM	DATE / RATING	DATE / RATING	DATE / RATING
Hot flashes			
Light headed feelings			
Headaches			
Irritability			
Depression			
Anxiety			
Mood Swings			
Sleeplessness			
Unusual Tiredness			
Backache			
Joint Pains			
Muscle Pains			
New Facial Hair			
Dry Skin			
Low Libido			
Dry Vagina			
Uncomfortable Intercourse			
Urinary Frequency			

Use this tracker to notice patterns and discuss persistent or concerning symptoms with your healthcare provider.