

Common Symptoms



Symptom	Date: Rating	Date: Rating	Date: Rating	
Hot flashes				Rating scores None=0 Mild=1 Moderate=2 Severe=3
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				