

Weekly Menopause Symptom Tracker

Please use this form to track your menopause symptoms over one week. For each day, rate the severity of each symptom (0 = None, 1 = Mild, 2 = Moderate, 3 = Severe) and add any additional notes. Fill in the fields digitally or print and complete by hand.

Personal Information

Name:

Week Starting (MM/DD/YYYY):

Symptom Tracking

Monday	Symptom	0	1	2	3	Notes
	Hot Flashes					
	Night Sweats					
	Mood Changes					
	Sleep Issues					

Tuesday	Symptom	0	1	2	3	Notes
	Hot Flashes					
	Night Sweats					
	Mood Changes					
	Sleep Issues					

Wednesday	Symptom	0	1	2	3	Notes
	Hot Flashes					
	Night Sweats					
	Mood Changes					
	Sleep Issues					

Thursday	Symptom	0	1	2	3	Notes
	Hot Flashes					
	Night Sweats					
	Mood Changes					
	Sleep Issues					

Friday	Symptom	0	1	2	3	Notes
	Hot Flashes					
	Night Sweats					
	Mood Changes					
	Sleep Issues					

Saturday	Symptom	0	1	2	3	Notes
	Hot Flashes					
	Night Sweats					
	Mood Changes					
	Sleep Issues					

Sunday	Symptom	0	1	2	3	Notes
	Hot Flashes					
	Night Sweats					
	Mood Changes					
	Sleep Issues					

Additional Notes: