

MENOPAUSIA
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Menopause Symptoms Tracker

An informed menopause is an empowered menopause
Your guide to document your symptoms

Exercise:

Menopause Symptoms Tracker

Understanding the severity of your menopause symptoms can help you decide which areas to prioritize for management. This exercise will help you rate the severity of both your physical and emotional/cognitive symptoms.

Instructions

Use the table below to identify and rate your symptoms over the next week. Rate each symptom on a scale from 1 to 5, where 1 is minimal and 5 is severe. Then, note any patterns or triggers you notice, such as time of day, diet, or stress levels.

Symptom	Severity					Frequency	Possible Trigger
	1	2	3	4	5		
Hot Flashes	1	2	3	4	5		
Night Sweats	1	2	3	4	5		
Sleep Disturbances	1	2	3	4	5		
Joint and Muscle Pain	1	2	3	4	5		
Weight Changes	1	2	3	4	5		
Skin and Hair Changes	1	2	3	4	5		
Mood Swings	1	2	3	4	5		
Anxiety	1	2	3	4	5		
Brain Fog	1	2	3	4	5		
Decreased Libido	1	2	3	4	5		

At the end of the week, review your table to identify any patterns. Focus on symptoms that impact your daily life the most, as this will help guide your management strategies in the next chapters.
