



This free menopause symptom tracker is designed to help you have a productive conversation with your healthcare provider about the symptoms you are experiencing.

Fill in the days you experience symptoms and take the chart with you to your healthcare provider to discuss the appropriate approaches to manage your symptoms.

MONTH: _____ / DAY _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
PHYSICAL SYMPTOMS																																
Hot Flashes																																
Period/Spotting																																
Fatigue																																
Night Sweats																																
Vaginal Dryness																																
Painful Sex																																
Urinary Tract Infection																																
Hair Loss																																
Bloating																																
Sleep Disturbance/Insomnia																																
Dizziness																																
Weight Gain																																
Bladder Issues																																
Headaches																																
Digestive Problems																																
Brittle Nails																																
Tender Breasts																																
Joint/Muscle Pain																																
Dry Skin																																
Irregular Heart Beat																																
EMOTIONAL SYMPTOMS																																
Anxiety																																
Depression																																
Loss of Libido																																
Mood Swings																																
Panic Attacks																																
Memory Lapse																																
Anger																																
Grouchy																																
Overwhelmed																																
Brain Fog																																