

Menopause Symptom Tracker



| Menopause Symptom | Never | Sometimes | Often |
|---|-------|-----------|-------|
| 1. Anxiety: Overly worried or tense, feeling stressed out, panicky, overwhelmed | | | |
| 2. Brain Fog: Difficulty focusing, forgetful, poor word retrieval, easily distracted, feeling out of it | | | |
| 3. Depression: Feeling low or hopeless; loss of interest in things once enjoyed; easily fatigued; increased mood swings; small tasks take great energy; feeling overwhelmed | | | |
| 4. Fatigue: Low energy, tire easily | | | |
| 5. Headaches and/or Migraines: Head pain, often intense or throbbing, sometimes to the point of debilitation; nausea; light and/or noise sensitivity | | | |
| 6. Hot Flashes / Night Sweats: Intense spreading heat, usually across the chest, neck, or face; excessive sweating; racing heart | | | |
| 7. Incontinence: Urinary leaks when laughing or coughing, loss of bladder control | | | |
| 8. Irritability: Unusually impatient, quick to anger—even rage, easily frustrated | | | |
| 9. Low Libido: Diminished sex drive, difficulty feeling aroused | | | |

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| 10. Painful Sex: Vaginal dryness or tightness; burning in the vagina or vulva before, during or after intercourse. | | | |
| 11. Period Changes: Lighter or heavier blood flow, shorter or longer cycles, entirely skipped cycles | | | |
| 12. Sleep Issues: Difficulty falling or remaining asleep; tossing, turning, or fitful sleep | | | |
| 13. Weight Gain: Increased weight, especially around abdomen and thighs; feeling bloated | | | |
| 14. Joint and Muscle Pain/Aches: Stiffness, soreness, or aching in the joints and muscles, similar to mild arthritis. | | | |
| 15. Difficulty Concentrating ("Brain Fog"): Trouble focusing, staying attentive, or processing information as quickly as before. | | | |
| 16. Memory Lapses/Forgetfulness: Occasional forgetfulness or difficulty recalling recent events or information. | | | |
| 17. Headaches/Migraines: More frequent or severe headaches, sometimes resembling migraines. | | | |
| 18. Breast Tenderness/Soreness: Sensitive, swollen, or painful breasts, similar to premenstrual symptoms. | | | |
| 19. Palpitations (Heart Racing or Pounding): Noticeable, rapid, or irregular heartbeat sensations, sometimes accompanied by anxiety. | | | |
| 20. Hair Thinning/Loss: Gradual loss of hair or thinning, especially on the scalp. | | | |
| 21. Skin Changes (Dryness, Itchiness): Skin may become drier, itchier, or more prone to irritation and sensitivity. | | | |

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| 22. Dizziness: Episodes of lightheadedness, unsteadiness, or feeling faint. | | | |
| 23. Brittle Nails: Nails that break, split, or peel more easily than before. | | | |
| 24. Body Odor Changes: Noticeable changes in natural body scent, sometimes stronger or different than usual. | | | |
| 25. Burning Mouth or Tongue: A burning, tingling, or scalded sensation in the mouth, lips, or tongue. | | | |
| 26. Tinnitus (Ringing in Ears): Hearing ringing, buzzing, or hissing sounds without an external source. | | | |
| 27. Osteoporosis (Bone Thinning): Loss of bone density, increasing the risk of fractures and breaks. | | | |
| 28. Panic Attacks: Sudden episodes of intense fear or discomfort, often with physical symptoms like chest pain or shortness of breath. | | | |
| 29. Altered Skin Sensation (Tingling, Numbness): Unusual sensations such as tingling, prickling, or numbness in the skin. | | | |
| 30. Dental Issues (Sensitive Teeth, Gum Problems): Increased tooth sensitivity or gum discomfort, sometimes leading to bleeding or soreness. | | | |
| 31. Cystitis/Bladder Infections: More frequent bladder infections, causing pain, burning, or urgency when urinating. | | | |
| 32. Changes in Taste or Smell: Altered or diminished sense of taste or smell, making foods or scents seem different than before. | | | |