



## Menopause Symptom Tracker

Track Your Symptoms Over Time to See Your Progress. Date: \_\_\_\_\_

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

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<b>Painful Sex:</b> Vaginal dryness or tightness; burning in the vagina or vulva before, during or after intercourse.			
<b>Period Changes:</b> Lighter or heavier blood flow, shorter or longer cycles, entirely skipped cycles			
<b>Sleep Issues:</b> Difficulty falling or remaining asleep; tossing, turning, or fitful sleep			
<b>Weight Gain:</b> Increased weight, especially around abdomen and thighs; feeling bloated			
<b>Joint and Muscle Pain/Aches:</b> Stiffness, soreness, or aching in the joints and muscles, similar to mild arthritis.			
<b>Memory Lapses/Forgetfulness:</b> Occasional forgetfulness or difficulty recalling recent events or information.			
<b>Breast Tenderness/Soreness:</b> Sensitive, swollen, or painful breasts, similar to premenstrual symptoms.			
<b>Palpitations (Heart Racing or Pounding):</b> Noticeable, rapid, or irregular heartbeat sensations, sometimes accompanied by anxiety.			
<b>Hair Thinning/Loss:</b> Gradual loss of hair or thinning, especially on the scalp.			
<b>Skin Changes (Dryness, Itchiness):</b> Skin may become drier, itchier, or more prone to irritation and sensitivity.			

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