

Track Your Symptoms Over Time to See Your Progress. **Date:** _____

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

Menopause Symptom	Never	Sometimes	Often
Painful Sex: Vaginal dryness or tightness; burning in the vagina or vulva before, during or after intercourse.			
Period Changes: Lighter or heavier blood flow, shorter or longer cycles, entirely skipped cycles			
Sleep Issues: Difficulty falling or remaining asleep; tossing, turning, or fitful sleep			
Weight Gain: Increased weight, especially around abdomen and thighs; feeling bloated			
Joint and Muscle Pain/Aches: Stiffness, soreness, or aching in the joints and muscles, similar to mild arthritis.			
Memory Lapses/Forgetfulness: Occasional forgetfulness or difficulty recalling recent events or information.			
Breast Tenderness/Soreness: Sensitive, swollen, or painful breasts, similar to premenstrual symptoms.			
Palpitations (Heart Racing or Pounding): Noticeable, rapid, or irregular heartbeat sensations, sometimes accompanied by anxiety.			
Hair Thinning/Loss: Gradual loss of hair or thinning, especially on the scalp.			
Skin Changes (Dryness, Itchiness): Skin may become drier, itchier, or more prone to irritation and sensitivity.			

Menopause Symptom	Never	Sometimes	Often
Dizziness: Episodes of lightheadedness, unsteadiness, or feeling faint.			
Brittle Nails: Nails that break, split, or peel more easily than before.			
Body Odor Changes: Noticeable changes in natural body scent, sometimes stronger or different than usual.			
Burning Mouth or Tongue: A burning, tingling, or scalded sensation in the mouth, lips, or tongue.			
Tinnitus (Ringing in Ears): Hearing ringing, buzzing, or hissing sounds without an external source.			
Osteoporosis (Bone Thinning): Loss of bone density, increasing the risk of fractures and breaks.			
Panic Attacks: Sudden episodes of intense fear or discomfort, often with physical symptoms like chest pain or shortness of breath.			
Dental Issues: Increased tooth sensitivity or gum discomfort, sometimes leading to bleeding or soreness.			
Cystitis/Bladder Infections: More frequent bladder infections, causing pain, burning, or urgency when urinating.			
Changes in Taste or Smell: Altered or diminished sense of taste or smell, making foods or scents seem different than before.			