



## Menopause symptom tracker

Track your symptoms and share this with your healthcare provider at your next appointment.

Physical	Often	Sometimes	Hardly ever	Never
Irregular periods/spotting				
Heavier or lighter periods than normal				
Hot flashes				
Night sweats				
Fatigue				
Headaches/migraines				
Joint or muscle aches				
Breast tenderness				
Dental issues				
Hair changes				
Skin changes				
Brittle nails				
Heart palpitations (beating fast or irregularly)				
Weight gain				
Changes in appetite				
Bloating				
Dizzy spells				

Mental health and cognition	Often	Sometimes	Hardly ever	Never
Depression				
Irritability				
Anxiety				
Low energy				
Mood swings				
Brain fog/trouble concentrating				
Sleep problems or insomnia				
Forgetfulness				

Genitourinary and sexual health	Often	Sometimes	Hardly ever	Never
Vaginal/vulva dryness, burning, or itchiness				
Low libido				
Difficulties with arousal				
Painful sex				
Urinary urgency or incontinence				
Urinary tract infections (UTIs)				

Include any additional details about your symptoms  
(severity, affect on your daily life, emotional impact, etc.)

[illegible]

This menopause symptom tracker serves as an informational tool only and is not a substitute for professional medical advice. Use this tracker to support conversations with your healthcare providers, rather than for self-diagnosis or treatment decisions. Each person's menopause journey is different. Always seek guidance from a qualified healthcare provider for your specific situation.

