Perimenopausal Symptom Tracker

How to keep track of your symptoms: Each day , you should rate each symptom as severe, moderate, mild, or none. This is done by placing an "X" in one of the four boxes next to each symptom. On the line that says "Menstruation", place an "X" on the days you are having your period. You can start right away-just circle the month below and enter your responses, starting with today's date.

As you complete the Symptom Tracker, draw a line connecting the "X"'s. This will help your doctor spot any trends.

J	F	M	A	M	J	J	A	S	O	N	D

YOUR NAME: _____

Date of Month		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
Menses/Period																																
Hot Flashes	severe																															
	moderate																															
	mild																															
	none																															
Night Sweats/sleep troubles	severe																															
	moderate																															
	mild																															
	none																															
Loss of Libido	severe																															
	moderate																															
	mild																															
	none																															
Vaginal Dryness	severe																															
	moderate																															
	mild																															
	none																															
Sudden Moods Swings/ Irritability	severe																															
	moderate																															
	mild																															
	none																															
Tired or low energy	severe																															
	moderate																															
	mild																															
	none																															
Memory Lapse	severe																															
	moderate																															
	mild																															
	none																															
Anxiety/Panic	severe																															
	moderate																															
	mild																															
	none																															
Weight Gain	severe																															
	moderate																															
	mild																															
	none																															
Bloating, headaches, joint pain, or breast tenderness	severe																															
	moderate																															
	mild																															
	none																															
Skin Changes	severe																															
	moderate																															
	mild																															
	none																															