

Be Empowered with Diana

# Menopause Symptom Tracker

Track your symptoms that may be affecting your quality of life. Check the boxes below and comment how your symptoms affect your daily living or overall health. Share the results with your Health Care Practitioner. Or use it to get a referral to a Menopause Specialist.

Symptom	Often	Sometimes	Rarely	Never	Daily Impact (Scale 1-5)
Hot Flashes and/or night sweats					
Period Changes					
Body and Joint Aches					
Fatigue					
Headaches and/or Migraines					
Skin or Hair changes					
Heart Palpitations					
Dry Eyes					
Dry Mouth and/or Dental Complications					
Anxiety (nervous/stressed)					
Depression					
Low Mood					
Not Feeling Yourself					
Mood Swings					
Low Energy/Motivation					

## Additional Notes