LATELY WELL

START HERE

Menopause Symptom Tracker

Notice changes. Keep useful notes. Prepare questions for a healthcare conversation.

How to use this tracker

01 Check in briefly

Use a check mark or a 0–3 score: 0 none, 1 mild, 2 moderate, 3 strong.

02 Add context

Write down sleep, stress, movement, temperature or anything else you noticed.

03 Look for patterns

A single day is rarely the whole story. You may skip any box that is not useful.

04 Bring your notes

Use the final page to prepare questions for a qualified healthcare professional.

My starting point

Start date: _____ Context (optional): _____

What feels most different right now?

_____

_____

This is an educational organization tool, not a diagnosis or a substitute for medical care.

Weekly symptom check-in

Week of: _____ Use 0–3, a check mark or your own shorthand.

SYMPTOM	MON	TUE	WED	THU	FRI	SAT	SUN	
Hot flushes / night sweats								
Sleep changes								
Brain fog / focus								
Mood changes								
Energy / fatigue								
Joint or muscle aches								
Skin / hair changes								
Vaginal or urinary symptoms								
Headaches								
Intimacy / libido changes								
Other symptoms								

If symptoms are severe, new or worrying, seek individual medical advice.

What else was happening?

Jot down context that might help you describe your week. A possible pattern is not a diagnosis.

Sleep & rest

Bedtime, wake time, quality, night sweats or interruptions.

Possible context

Stress, temperature, food, caffeine, alcohol, medicines or routines.

What seemed to help?

Record practical steps and how you felt; avoid assuming a cause.

A change I want to follow up

Note timing, severity and any related symptoms.

Unexplained or persistent symptoms should be assessed by an appropriate healthcare professional.

Bring better questions

Use this page to make a healthcare visit easier. Bring a medication list and your symptom notes if helpful.

Changes I want to discuss

Questions for my clinician

- ☐ Could anything else explain these symptoms?
- ☐ What treatment or self-care options fit my health history?
- ☐ When should I follow up or seek care sooner?

Plan and next steps

Seek urgent local care for a medical emergency. This printable cannot diagnose or replace a professional evaluation.