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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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**HOW TO: .**

Use your menopause symptom tracker to keep track of any symptoms you experience. Just make a note of the relevant symptom’s number on the corresponding day. This will become a useful document for discussing your symptoms with your GP.

**SYMPTOMS TRACKER: .**

1. Hot flushes and night sweats 20. Brittle nails

2. Fatigue 21. Digestive problems

3. Dizziness 22. Incontinence

4. Loss of libido 23. Low mood

5. Mood Swings 24. Vaginal dryness

6. Irritability 25. Difficulty concentrating

7. Hair loss 26. Osteoporosis

8. Weight gain 27. Emotional changes

9. Palpitations 28. Depression

10. Bloating 29. Insomnia

11. Headaches 30. Aching Muscles

12. Tinnitus 31. Tender breasts

13. Bladder weakness 32. Heavy periods

14. Memory lapses 33. Panic attacks

15. Irregular periods

16. Itchy skin

17. Nausea

18. Joint pain

19. Anxiety