

Menopause Symptom Log

“A gentle way to track changes—so you can see patterns, not problems.”

Purpose

Menopause symptoms can fluctuate day by day and month by month.

Tracking them helps you separate random bad days from true patterns—and gives your clinician a clearer picture of what’s happening.

This log focuses on four main areas that influence daily steadiness:

Body, Brain, Mood, and Rest.

You can fill it in daily, weekly, or just when things feel “off.”

Use it as information, not judgment—it’s about noticing trends, not scoring yourself.

Step 1: Daily or Weekly Snapshot

Date/Week	Temp. (0-5)	Brain (0-5)	Mood (0-5)	Sleep (0-5)	Energy (0-5)	Notes / Triggers (e.g., stress, caffeine, hormones)

Category Guide

- **Temp:** Hot Flushes / Temperature Changes.
- **Brain:** Brain Fog / Forgetfulness.
- **Mood:** Mood / Irritability.
- **Sleep:** Sleep Quality.
- **Energy:** Energy Levels.

Rating Guide: 0 = none; 10 = severe or disruptive.

Step 2: Daily or Weekly Snapshot

Area	Impact (0-5)	What's most difficult?	What helps or eases it?
Work / Focus / Productivity			
Relationships / Communication			
Self-Care / Daily Functioning			

Rating guide: 0 = none; 10 = severe or disruptive.

Tip: Look for trends. For example, "sleep low + hot flushes high = harder work mornings."

Step 3: Triggers and Supports

Possible Trigger	Noticed? (✓) Helpful Response
Stressful week / workload	
Broken sleep / late caffeine	
Medication or HRT change	
Temperature / environment	
Dietary (alcohol, spicy food, sugar)	
Missed meals / low protein	
Exercise or outdoor time	

Step 4: Reflections

- What has been your main symptom this week?
- What helped you feel most balanced or grounded?
- When did you feel most like yourself?
- What would you like to discuss at your next appointment?

Remember: *Small, steady noticing builds self-knowledge. Over time, you'll start to see patterns—and those patterns are power.*