



## Menopause Symptom Tracker

**Instructions:** Use this tracker daily for 1-2 weeks. Focus on your 1-2 priority symptoms). The goal is to monitor your most impactful symptoms and any factors that might be connected to them, helping you find patterns and root causes.

- **Priority Symptoms:** Choose the two most predominant symptoms you identified in your **Menopause Symptom Checker** that seem to have the biggest domino effect on your daily life.
- **Sleep Score:** Rate the quality of your sleep on a scale of **1 to 3**, where 1 = Poor, restless sleep, and 3 = Excellent, restorative sleep.
- **Physical Activity:** Note both the **type of activity** (e.g., walking, yoga, lifting weights) and **how long** you did it (e.g., 30 minutes).
- **Dietary Notes:** Pay attention to and write down any observations of **indigestion, acid reflux, or other foods** that seem to trigger or worsen your symptoms.
- **Stress Level:** Rate your overall stress on a scale of **1 to 3**, where 1 = Mild or no stress, and 3 = Severe.

Date	Priority Symptom #1	Priority Symptom #2	Sleep Score	Water Intake	Physical Activity	Dietary Notes	Stress Level
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							

**Menopause Symptom Tracker Notes**

Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	