

Menopause Symptoms Tracker

Keep a record of Your Symptoms for use in discussions with your Healthcare Provider

Symptoms	Yes	No	Notes
Heart Palpitations			
Restlessness or anxiety			
Sleep disturbances			
Poor Memory			
Panic Attacks			
Trouble focusing			
Persistent fatigue			
Low Motivation			
Low Mood or Depression			
Tearfulness			
Short-tempered/mood swings			
Light-headedness or vertigo			
Sensation of pressure in the cranium			
Ear buzzing or ringing (Tinnitus)			
Migraines and other headaches			
Pain in muscles and joints			
Tingling sensations in the body			
Challenges with breathing			
Urinary Incontinence			
Hot Flashes			
Night Sweats			
Lack of Interest in Sex			
Diminishing sexual drive			
Vaginal Dryness/Discomfort during sex			



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