



Menopause Symptom Tracker

At Menospace we believe knowledge is key when it comes to perimenopause/menopause.

Use this tracker to track symptoms of your perimenopause so you can understand the changes that are happening to you and identify patterns over time.

Some common symptoms of perimenopause include irregular periods, hot flashes, night sweats, mood swings, vaginal dryness and decreased libido.

Print off this tracker and use to keep a paper diary of your symptoms. You can also take it along when you visit your GP and attend other appointments.

We have listed the most common physical, mental and emotional symptoms and have left space for you to note any others you might have.

SYMPTOM TRACKER

MONTH _____

WEEK _____

PHYSICAL SYMPTOMS

	NONE	A LITTLE	QUITE A LOT	EXTREME
Allergies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bloating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Body odour	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bone Fractures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Breast soreness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Brittle nails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burning mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Decrease in libido (sex drive)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dental & Gum problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dry itchy skin	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dizziness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Electric shocks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Joint pain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hair loss	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Headaches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot flushes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Irregular periods / change in periods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Muscle tension / restless legs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nausea & digestive issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Night sweats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

SYMPTOM TRACKER

MONTH _____

WEEK _____

PHYSICAL SYMPTOMS

NONE A LITTLE QUITE A LOT EXTREME

Palpitations / irregular heartbeat

Tingling extremities

Urinary symptoms

Vaginal dryness

Weight gain

SYMPTOM TRACKER

MONTH _____

WEEK _____

MENTAL & EMOTIONAL SYMPTOMS

NONE

A LITTLE

QUITE A
LOT

EXTREME

Anxiety

Brain fog & poor memory

Depression & low mood

Difficulty concentrating

Difficulty sleeping

Irritability

Mood swings

Panic disorder/Panic attacks

Tired/lacking energy

