



Symptom Tracker

Use this table to keep a log of your menopause symptoms. It can help you stay on top of how menopause is affecting you, what you're doing to manage your symptoms, and what changes you might want to make in your treatment plan. Take it with you when you visit your health care provider.

<i>Date</i>	<i>Symptom</i>	<i>Intensity (Rate 1-5)</i>	<i>How I Tried to Feel Better</i>	<i>Questions for My Health Care Provider</i>	<i>New Ideas for Treatment to Try</i>