

Menopause Symptoms Tracker

If you need to consult your GP or a health professional you may find it useful to go prepared knowing what symptoms may be caused by the menopause and what symptoms you are experiencing. Keeping a detailed record will help you track the effectiveness of any treatment natural or otherwise.

Physical

Notes

- Insomnia
- Hot flushes
- Night sweats
- Lack of energy
- Dizzy spells
- Muscle and joint pains
- Breast tenderness
- Headaches
- Heart Palpitations
- Breathing difficulties
- Dry mouth
- Sore gums
- Dry eyes
- Bladder frequency
- Bladder control
- Vaginal dryness, soreness
- More thrush