Hot Flush Tracker

Date _____

Day

Menopause Group

	1	2	3	4	5	6	7
Number of hot flushes this morning.							
How bothered were you by your hot flushes this morning.	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot
How severe were your hot flushes this morning.	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe
Number of hot flushes this afternoon.							
How bothered were you by your hot flushes this afternoon.	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot
How severe were your hot flushes this evening.	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe
Number of hot flushes this evening.							
How bothered were you by your hot flushes this evening.	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot	☐ No hot flushes ☐ Not at all ☐ A little ☐ Moderately ☐ A lot
How severe were your hot flushes this evening.	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe	☐ No hot flushes ☐ Mild ☐ Moderate ☐ Severe