Hot Flush Tracker

Date _____ Day

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