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 afternoon.	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