Menopause symptom diary

Name		Month or dates	

Once a day, write a level for each symptom: **1** mild, **2** moderate, **3** high. For Sleep, Mood and Energy, rate the trouble: 3 under Sleep means a bad night. How many flashes is a count. An empty box means nothing was noted, not that you had no symptom.

Day	Hot flashes	How many flashes	Night sweats	Sleep	Mood	Anxiety	Brain fog	Energy	Dryness	Your own:	Your own:	Note
1												
2												
3												
4												
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A personal record, not a diagnosis or a scored test. bukhalov.com/menolog/symptom-diary/

Summary for my appointment

Appointment date and with whom	
Days with an entry, and total flashes counted	

The symptoms that bother me most

Symptom	Days with a level	Time of day it is worst	What it gets in the way of

Periods

Date of last period	
Changes I have noticed	

HRT and other medicines: what I take now, and any changes

Date	Medication name	Format (patch, gel, tablet, capsule, spray, other)	Dose or schedule	Notes

Questions I want to ask

What we agreed, and the next step
