



## MENOPAUSE SYMPTOM TRACKER

*Tracking your symptoms and challenges over the next few weeks is crucial to you getting clarity, personalized advice, and guidance on how to best get past your worst menopause symptoms. Please complete these easy questions daily.*

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
<b>AM Check-in</b>																						
Was it difficult to fall asleep last night?																						
Did you wake up last night?																						
Did you experience night sweats?																						
Do you feel energized and alert this morning?																						
<b>PM Check-in</b>																						
Did you have any hot flashes during the day?																						
Any brain fog or lack of clarity?																						
How was your mood today?																						
Any anxiety, irritability or big mood swings?																						
Rank your joint pain from 1 – 10 (10 being worst)																						
Did you have low energy in the afternoon that caused you to reach for sugar or caffeine?																						

### HORMONE TESTING & WEIGHT LOSS

call/text: 416-884-8444 | e: [kelly@avitaintegrativehealth.ca](mailto:kelly@avitaintegrativehealth.ca)

[www.hormonetesting.ca](http://www.hormonetesting.ca)   