

# Symptom Tracker

Symptoms* Rate on scale from 1 (mild) to 5 (severe)		Su	M	T	W	Th	F	S
Hot flashes	Feelings of warmth in the face, neck, and chest that can cause sweating or drenching sweat followed by chills.							
Night sweats	Hot flashes that occur at night, disrupting sleep.							
Trouble sleeping								
Changes in menstrual periods	Irregular periods that last fewer or more days, with heavier or lighter flow, or just spotting.							
Vaginal dryness	Tissues of the vagina feel thin and dry. It feels like you have less lubrication and sexual intercourse may be uncomfortable or painful.							
Mood swings								
Anxiety								