

# SYMPTOMS TRACKER

Date of day 1:

Name:

Tracking your cycle and symptoms for a couple of months is not only a good reality check, but it comes in very handy too, as it will help you anticipate better your body reactions and intervene in an effective way, before the symptoms would occur the following month. Download and keep this table open on your computer, or print it out and keep it on your working desk, and fill it in every day!  
**Free cell = no symptom; 1 = light; 2 = moderate; 3 = heavy**

Day of the cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37		
<b>PERIOD BLEEDING PATTERN (mark with ✓)</b>																																							
Spotting																																							
Normal																																							
Light																																							
Heavy																																							
<b>MENTAL</b>																																							
Lack of focus / concentration																																							
Forgetful / Memory loss																																							
<b>EMOTIONAL</b>																																							
Anxiety																																							
Feeling overwhelmed																																							
Irritability																																							
Mood swings																																							
Depression																																							
Needing your personal space more/Withdrawn																																							
Feeling grumpy																																							
Feeling angry / violent																																							
Libido Loss																																							
Crying/ sobbing																																							
<b>PHYSICAL</b>																																							
Insomnia																																							
Hot flashes																																							
Night sweats																																							
Sore breasts																																							
Headaches / migraine																																							
Heart palpitations																																							
Breathing difficulties																																							
Weight gain																																							
Cravings (especially sweets)																																							
Stiffness / aches / articular pains																																							
Numbness / tingling																																							
Water retention																																							
Vaginal dryness																																							
Painful seks																																							
Hair Loss																																							
Bloated stomach																																							
Dry skin																																							
Increased facial / body hair growth (hirsutism)																																							
Acne																																							
Difficult digestion																																							
Constipation																																							
Bladder issues																																							
Voice changes																																							
Feeling fatigued / exhausted																																							
<b>OTHER SYMPTOMS</b>																																							
<b>BASAL BODY TEMPERATURE (morning)</b>																																							
With regular body thermometer (2 decimals)																																							
With smart gadget (Oura, Garmin, Apple watch)																																							
<b>ALCOHOL</b>																																							
I had alcohol the previous day																																							

- Common PMS symptoms (pre perimenopause)
- Common Perimenopause symptoms
- Common Postmenopause symptoms