

# Menopause Symptom Tracker



Use this tracker to record the perimenopause/menopause symptoms that may be having an impact on your life. You can share this information with your healthcare provider or use the information to guide a conversation with your People Leader.

Symptoms	Never	Sometimes	Often	Impact
Anxiety – Nervous, stressed, tense or panicked				
Body aches – Muscle & joint pain				
Depression – Overwhelmed, unhappy, loss of interest				
Fatigue – Tired/having low energy				
Hair changes – Thinning or increasingly coarse hair, itchy scalp, unwanted facial hair				
Headaches/Migraines – Pressure or tightness in the head, nausea, sensitivity to light/noise				
Heart palpitations – Racing heartbeat				
Hot flashes/flushes – Sudden/ intense heat over areas of the body				
Incontinence – Bladder control issues including leaking when coughing or laughing				
Memory issues – Forgetful, hard to concentrate, brain fog				
Mood swings – Irritability, crying spells				
Night sweats – Drenching sweats that can soak clothes and wake you up				
Period changes – Skipped periods or lighter/heavier flow				
Sexual problems – Low libido/loss of interest in sex				
Skin issues – Dry and/or itching skin, dark spots on face				
Sleep disturbance – Nighttime waking/taking longer to fall asleep				
Urinary tract infections (UTIs) – Burning feeling when urinating, frequent/intense need to urinate, pain in abdomen				
Vaginal dryness – Itching or burning pain during sex				