

Menopause Symptom Tracker

A Self-Tracking Tool for Your Menopause Journey



Learn more at momentuminjury.com

Why Track Your Symptoms – Every woman’s menopause journey is unique. Tracking your symptoms helps you and your provider spot changes and personalize your care plan for better long-term wellness.

How to Use This Checklist – Print it, review it weekly or monthly, check off any symptoms you experience, and bring it to your appointments to discuss patterns and progress.

PHYSICAL SYMPTOMS


Check all that apply and note the frequency or severity.

- Hot flashes or night sweats
- Irregular periods or spotting
- Vaginal dryness or discomfort
- Weight gain / metabolism changes
- Joint stiffness or body aches
- Changes in skin or hair texture
- Fatigue or low energy
- Breast tenderness
- Headaches or migraines



EMOTIONAL & COGNITIVE

- Mood swings or irritability
- Anxiety or nervousness
- Sadness or depression
- Brain fog or forgetfulness
- Difficulty concentrating
- Sleep problems or insomnia
- Feeling less motivated



SEXUAL HEALTH

- Decreased libido
- Pain or dryness during intimacy
- Bladder leaks or urgency
- Changes in menstrual flow or frequency



GENERAL WELL-BEING

- Weight changes or bloating
- Bone or muscle aches
- Changes in appetite
- Heart palpitations
- Digestive issues
- Temperature sensitivity
- Dizziness or balance problems



LIFESTYLE & DAILY HABITS

Use this to note supportive routines that affect how you feel.

- Regular exercise (walking, yoga, strength training)
- Balanced meals (protein, calcium, vitamin D)
- 7–8 hours of sleep
- Stress-management practices (breathing, meditation)
- Alcohol and caffeine moderation
- Adequate hydration
- Support from friends, family, or a provider



When to Contact a Healthcare Provider

Seek professional guidance if you experience:

- ⚠️ Heavy or sudden bleeding after menopause
- ⚠️ Chest pain, shortness of breath, or palpitations
- ⚠️ Severe depression or anxiety
- ⚠️ Painful intercourse unrelieved by lubricants
- ⚠️ Sudden bone or joint pain