THE NOT CRAZY MOVEMENT · FREE GUIDE

7-Day Symptom Tracker & Doctor Visit Guide

Track what's really happening in your body—and walk into your next appointment prepared, calm, and confident.



You're not crazy. You're menopausal.

How to Use This Guide

- **Track for seven days.** Fill in one row each evening. It takes about two minutes. Four weekly snapshots are included, so you can keep going for a full month.
- **Look for your pattern.** Which symptoms show up most? What seems to make them better or worse?
- **Bring it with you.** Use the conversation pages at the back as your script at your next appointment.

Rating Scale

1–3 Mild (noticeable, but manageable) · **4–7** Moderate (interfering with daily life) · **8–10** Severe (significantly disrupting function)

Other symptoms to watch: joint pain or body aches, headaches, vaginal dryness or discomfort, heart palpitations, anxiety or irritability, changes in libido, digestive issues.

One Month: Seven Day Symptom Snapshot

Week 1 of: _____ _____

Day	Hot Flashes (#/day)	Night Sweats (Y/N)	Sleep Quality (1–10)	Mood (1–10)	Brain Fog (1–10)	Energy (1–10)	Other Symptoms	Notes (food, stress, cycle day)
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

Week 2 of: _____ _____

Day	Hot Flashes (#/day)	Night Sweats (Y/N)	Sleep Quality (1–10)	Mood (1–10)	Brain Fog (1–10)	Energy (1–10)	Other Symptoms	Notes (food, stress, cycle day)
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

Seven Day Symptom Snapshot

Week 3 of: _____ _____

Day	Hot Flashes (#/day)	Night Sweats (Y/N)	Sleep Quality (1–10)	Mood (1–10)	Brain Fog (1–10)	Energy (1–10)	Other Symptoms	Notes (food, stress, cycle day)
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

Week 4 of: _____ _____

Day	Hot Flashes (#/day)	Night Sweats (Y/N)	Sleep Quality (1–10)	Mood (1–10)	Brain Fog (1–10)	Energy (1–10)	Other Symptoms	Notes (food, stress, cycle day)
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								

Turn Your Tracker into a Powerful Doctor Conversation

Most women walk into appointments trying to remember months of symptoms while sitting in a paper gown on a crinkly paper mat over a lounge chair with stirrups. This gives you something better: power.

Start the Visit with Your Tracker

> "I've been tracking my symptoms for the past week. Here's what I'm seeing, and here's how it is affecting my life."

The three most disruptive symptoms I tracked:

1.

2.

3.

Be more specific with your doctor about how they are affecting your life (sleep, work, mood, relationships):

Ask Directly About Perimenopause / Menopause

> "Given my age and these symptoms, I'm wondering if this could be perimenopause or menopause. Can we talk about that as a possible cause and what my options are?"

- ☐ What diagnosis are you considering?
- ☐ Could this be related to perimenopause or menopause?
- ☐ What lab tests or evaluations do you recommend, and why?
- ☐ What are my treatment options (hormonal and non-hormonal)?
- ☐ How long should we try this plan before we reassess?

Leave With a Clear Plan

> "Just so I'm clear, here's what I understand our plan to be. Did I get that right?"

Diagnosis or "working diagnosis":

Treatments we're trying:

When to follow up:

Red flags to call about:

This tracker and guide is a starting point, not a diagnosis. Always talk with a qualified healthcare provider about your specific situation. For more resources, visit **notcrazymovement.com**.

RECOGNITION. RESEARCH. RESPECT.