

Symptom tracker

Spot your patterns. Get heard at appointments.

A pattern on paper is much harder to brush off than "I just don't feel right". Two minutes a day for three months gives you and your doctor something real to work with.

How to use it

- 1 **Print the weekly log 12 times** and the monthly page 3 times. That covers three months.
- 2 **Fill in one row a day.** Missed a day? Leave it blank and keep going. Done is better than perfect.
- 3 **Count your cycle days.** Day 1 is the first day of your period. If your periods have stopped or are all over the place, just write the date.
- 4 **Look for patterns each month.** Shade the monthly page from your weekly logs. Do your hard days bunch up in the same part of your cycle?
- 5 **Before your appointment,** fill in the summary page and take the whole lot with you.

What to track each day

Cycle day, or the date

Sleep: how long, and how well

Mood, energy and focus, out of 10

Physical symptoms, like hot flushes, aches or headaches

Your meds, and whether they seemed to work

Scoring out of 10

1

3

5

7

10

Worst it gets

Your best self

Go with your gut. There are no wrong answers. It's about how today compares to your normal.

Patterns worth mentioning

Low moods, rage or tears in the week or two before your period. Meds that stop working at the same time each month. Sleep that falls apart around the same cycle days. Write them down and say them out loud at your appointment.