



# Symptom Tracker

Use this table to keep a log of your menopause symptoms. It can help you stay on top of how menopause is affecting you, what you're doing to manage your symptoms, and what changes you might want to make in your treatment plan. Share with your healthcare team during each visit.

Date	Symptom	Intensity (Rate 1-5)	How I Tried to Feel Better	Questions for My Health Care Provider	New Treatment Ideas to Try