

DAYS 1-15

Rate each symptom 0-3 for the day. 0 = none, 1 = mild, 2 = moderate, 3 = severe. Leave a cell blank if it does not apply. Consistency matters more than precision - a rough score entered daily is more useful than an exact one entered occasionally.

Scale reminder: 0 none · 1 mild · 2 moderate · 3 severe

30-Day Symptom Tracker

DAYS 16-30

Rate each symptom 0-3 for the day. 0 = none, 1 = mild, 2 = moderate, 3 = severe. Leave a cell blank if it does not apply. Consistency matters more than precision - a rough score entered daily is more useful than an exact one entered occasionally.

Date	Hot flash	Night sw.	Sleep	Mood	Energy	Other	Notes

PATTERNS I NOTICED THIS MONTH