

MENOPAUSE CARE JOURNAL

Keeping a menopause journal allows you to share a more complete picture of your experience with your health care provider.

This journal allows you to keep track of your menopause symptoms and relevant details, such as when they occur, duration, severity, effects on your ability to function, and your treatment actions and results. With a better understanding of your menopause experience, you and your health care provider can design and/or adjust a care plan tailored to your needs and goals.

Examples of Symptoms:

- **Menstrual changes** (irregular periods, heavier or lighter periods)
- **Vasomotor symptoms** (hot flashes, night sweats)
- **Genitourinary changes** (vaginal dryness, frequent urination, painful sex, loss of libido)
- **Sleep disturbances or insomnia**
- **Cognitive challenges** (difficulty concentrating, memory lapse, headaches)
- **Mood changes** (irregular mood swings, depression, anxiety, irritability)
- **Physical changes** (hair loss, brittle nails, itchy skin, weight gain, bloating, joint pain)

Symptoms Severity Rating:



Functional Ability Rating:



Relief Rating:



Notes:

Month & Year: _____

Day	Symptom(s)	Duration	Severity [1-10]	Ability to Function [0-10]	Medication/ Treatment [Name, Dose]	Relief [0-10]
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