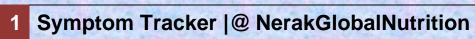| Date	Symptoms Experienced	Intensity (Rate 1–5)	How I Managed It (Remedies or Lifestyle Adjustments)	What Worked?	Notes (Triggers, Time of Day, Patterns)	Questions for My Doctor

YOUR SYMPTOM TRACKER

Use the sheet to track your symptoms, identify patterns, and record what works best for you. You can print additional copies or recreate the template in a spreadsheet if needed.

HOW TO USE THE TRACKER

➢ **Track Your Symptoms Each Day**

➢ **Date:** Write the date at the top of each entry. This will help you keep track of when symptoms appear or change over time.

➢ **Symptoms Experienced:** List any symptoms you notice that day, such as hot flashes, night sweats, fatigue, mood swings, etc. Be specific.

➢ **Intensity (Rate 1-5):** Rate how severe each symptom feels, with 1 being mild and 5 being very severe. This helps you track whether

➢ **Track How You Managed Symptoms**
  o How I Managed It (Remedies or Lifestyle Adjustments): Write down what you did to help relieve the symptom. This could be anything from drinking more water, using a fan, practicing deep breathing, taking medication, or resting. This column helps you identify what strategies you're using.
  o What Worked? Reflect on which remedies or adjustments worked best. Did drinking water help with hot flashes?
  o Did rest help with fatigue? By noting what provided relief, you can find patterns and understand what consistently helps you feel better.

➢ **Note Patterns or Triggers**
  o Notes (Triggers, Time of Day, Patterns): Use this column to note any patterns or triggers you notice. For example, you might observe that your hot flashes happen more often at night, or that stress seems to trigger certain symptoms. This is also where you can jot down any other important details, such as how long a symptom lasted or if it was linked to something specific (like food or lack of sleep). Over time, these insights will help you better manage your symptoms.

➢ **Prepare for Doctor Visits**
  o Questions for My Doctor: Write down any questions or concerns that come to mind as you're tracking. For example, "Is hormone therapy right for me?" or "What can I do to reduce joint pain?" This ensures that when you visit your healthcare provider, you have clear and specific questions to ask, making your appointments more productive.