Menopause Symptom Tracker

**Symptom Tracker**

| **Symptoms** | **Not at all** | **Mild** | **Moderate** | **Severe** | **Comments** |
| --- | --- | --- | --- | --- | --- |
| Heart beating quickly and strongly |  |  |  |  |  |
| Feeling tense or nervous |  |  |  |  |  |
| Difficulty in sleeping |  |  |  |  |  |
| Excitable |  |  |  |  |  |
| Attacks of panic |  |  |  |  |  |
| Difficulty in concentrating |  |  |  |  |  |
| Feeling tired or lacking in energy |  |  |  |  |  |
| Loss of interest in most things |  |  |  |  |  |
| Feeling unhappy or depressed |  |  |  |  |  |
| Crying spells |  |  |  |  |  |
| Irritability |  |  |  |  |  |
| Feeling dizzy or faint |  |  |  |  |  |
| Pressure or tightness in head or body |  |  |  |  |  |
| Parts of body feeling numb or tingling |  |  |  |  |  |
| Headaches |  |  |  |  |  |
| Muscle or joint pains |  |  |  |  |  |
| Loss of feeling in hands or feet |  |  |  |  |  |
| Breathing difficulties |  |  |  |  |  |
| Hot flushes |  |  |  |  |  |
| Sweating at night |  |  |  |  |  |
| Loss of interest in sex |  |  |  |  |  |

This may help your conversation with your GP if you think you are entering the menopause. You could also use it to track your response to any menopause treatment.