

MONTH: \_\_\_\_\_

Menstrual Tracker	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Flow																															
Pain or Cramping																															

Symptom Tracker	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Hot Flush (Daytime)																															
Night sweat																															
Sleep disturbance																															
Fatigue																															
Mood Swing																															
Anxiety																															
Depression																															
Low Libido																															
Pain with sex																															
Vaginal Dryness/Irritation																															
Heart Palpitations																															
Urinary Leakage																															
Body Ache/ Joint Pain																															
Headache/Migraines																															
Memory Issue																															
Skin/Hair Change																															

**Legend:**

Spotting ● Light Flow  Moderate Flow  Heavy Flow 