



My Menopause Symptom Tracker

Month: _____

"Awareness is the first step to change."



Date	 Nutrition Nourishing food today?	 Sleep Quality	 Energy Level	 Mood	 Stress Level	 Physical Symptoms	Notes (Triggers, cycle phase, activities, etc.)
1	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	
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4	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	
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11	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	
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25	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	
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29	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	
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31	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	☆☆☆☆☆	



Patterns I noticed



Questions for my consultation



menopause_support@herbaholistic.co.uk





Symptom Tracker Guide

HOW TO USE THIS TRACKER

This tracker helps you notice patterns, understand what affects your wellbeing and make informed choices. There is no right or wrong – just useful information about you.



How to use it

- 1 Each day, rate each area from 1 to 5 using the guides below.
- 2 Use the notes column to jot down anything that might be relevant (e.g. cycle phase, travel, poor sleep, stressful day, new supplement).
- 3 Look for patterns over time – this can help you identify triggers and what supports you.
- 4 Be kind and honest with yourself – this is for your awareness, not perfection.

Rating guides (1–5)

Each area has its own scale. Use the descriptions to choose the number that best fits your day.



Nutrition

Nourishing food today?

- 1 Mainly processed, sugary or low-nutrient food choices
- 2 More unhealthy choices than nutritious
- 3 A mix of healthy and less healthy options
- 4 Mostly nutritious, balanced meals
- 5 Consistently nourishing, whole foods



Sleep Quality

- 1 Very poor sleep, frequent waking, less than 4 hours
- 2 Poor sleep, restless, not refreshed
- 3 Okay sleep, some disturbance
- 4 Good sleep, mostly restful
- 5 Excellent sleep, deep and refreshing



Energy Level

- 1 Exhausted, no energy
- 2 Low energy, hard to focus
- 3 Moderate energy
- 4 Good energy, productive
- 5 High energy, feel vibrant



Mood

- 1 Very low, tearful, irritable
- 2 Low, anxious, unsettled
- 3 Neutral, up and down
- 4 Generally positive
- 5 Happy, calm, motivated



Stress Level

- 1 Very high, overwhelmed
- 2 High, difficult to manage
- 3 Moderate, manageable
- 4 Low, mostly calm
- 5 Very low, feel grounded and at ease



Physical Symptoms

(e.g. aches, bloating, headaches)

- 1 Severe, interfere with daily life
- 2 Noticeable and uncomfortable
- 3 Moderate
- 4 Mild
- 5 None or barely noticeable



Common triggers to note

- Hormonal cycle phase
- Stress (work, home, relationships)
- Poor sleep
- Diet (e.g. sugar, caffeine, alcohol, processed food)
- Illness
- New supplements or medication
- Exercise (type and duration)
- Weather (e.g. hot days)
- Travel (time zones, routine changes)
- Other (write your own)



A little reminder

Your experience is unique. Tracking helps you make informed choices and notice what supports you to feel your best.

Important: This tracker is for self-observation and educational use only. It is not medical advice, diagnosis or treatment. Please seek professional medical advice for severe symptoms, new symptoms, heavy bleeding, or any other health concerns.

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