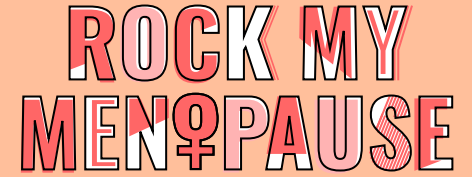


# My Menopause Diary

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## HOW TO:

Use your menopause diary to keep track of any symptoms you experience. Just make a note of the relevant symptom's number on the corresponding day. This will become a useful document for discussing your symptoms with your GP.

## SYMPTOMS TRACKER:

- Hot flushes and night sweats
- Fatigue
- Dizziness
- Loss of libido
- Mood swings
- Irritability
- Hair loss
- Weight gain
- Palpitations
- Bloating
- Headaches
- Tinnitus
- Bladder weakness
- Memory lapses
- Irregular periods
- Itchy skin
- Nausea
- Joint pain
- Anxiety
- Brittle nails
- Digestive problems
- Incontinence
- Low mood
- Cystitis
- Vaginal dryness
- Difficulty concentrating
- Osteoporosis
- Emotional changes
- Depression
- Insomnia
- Aching muscles
- Tender breasts
- Heavy periods
- Skin changes
- Panic attacks