

BalanceBlend Daily Menopause Symptom Tracker™

30 days beginning: _____

This daily tracker can be used to indicate trends in your overall health associated with menopause. Completing this daily chart helps you monitor how changes in diet, exercise, supplementation, medication or stress may impact your menopausal symptoms. Use this tracker to discuss your body's changes with your healthcare provider, and to find out which lifestyle changes provide you with the best health! We suggest you complete the Symptom Tracker around the same time each day. For example, at bedtime.

- 0 = symptom not present
- 1 = symptom present with mild discomfort and/or impact on quality of life
- 2 = symptom present with moderate discomfort and/or impact on quality of life
- 3 = symptom present with severe discomfort and/or impact on quality of life
- N/A = symptom does not apply to me

	Example	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				
Symptom																																			
Fatigue	0																																		
Increase urge to pee	0																																		
Urine leaking	0																																		
Urinary tract infection	0																																		
Weight gain around middle	0																																		
Bloating	1																																		
Vaginal dryness	1																																		
Decreased sexual desire	1																																		
Decreased ability to orgasm	N/A																																		
Painful sex	N/A																																		
Depression	2																																		
Anxiety	0																																		
Memory difficulty	2																																		
Inability to concentrate	2																																		
Hot flashes	2																																		
Night sweats	2																																		
Racing heart rate	2																																		
Difficulty falling asleep	3																																		
Difficulty staying asleep	3																																		
Decreased pain tolerance	0																																		
Increased nerve and muscle pain	0																																		
Headache	1																																		
Dry, itchy skin	0																																		
Diarrhea	0																																		
Constipation	0																																		
Symptoms of autoimmune disease	N/A																																		
Supplements/Medications																																			
BalanceBlend	YES																																		
Other Supplement (list)	NO																																		
Estrogen	NO																																		
Progesterone	NO																																		
Testosterone	NO																																		
Other Medication (list)																																			
Exercise																																			
Running	NO																																		
Walking	NO																																		
Yoga	YES																																		
Gym Workout	NO																																		
Other Exercise (list)	NO																																		