







Weight/bloating							
Other:							

**Weekly notes**

# 4-Week Summary

After completing 4 weeks of tracking, summarise your findings below. Bring this summary to your consultation.

## Top 3 Most Troublesome Symptoms

- 1. \_\_\_\_\_ Average severity: \_\_\_\_\_
- 2. \_\_\_\_\_ Average severity: \_\_\_\_\_
- 3. \_\_\_\_\_ Average severity: \_\_\_\_\_

## Patterns Noticed

Symptoms worse at a particular time of day? \_\_\_\_\_

Symptoms linked to your menstrual cycle? \_\_\_\_\_

Any triggers identified (stress, food, alcohol, poor sleep)? \_\_\_\_\_

Symptoms improving, worsening, or stable over 4 weeks? \_\_\_\_\_

## Impact on Daily Life

Work performance affected?  Yes  No Details: \_\_\_\_\_

Relationships affected?  Yes  No Details: \_\_\_\_\_

Sleep quality overall?  Good  Fair  Poor

Exercise/activity level changed?  Yes  No

## What I Want to Discuss at My Consultation

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Ready to take the next step? Book your virtual consultation at

[www.menocarehealth.com](http://www.menocarehealth.com)

*This symptom tracker is for informational purposes and does not constitute medical advice. Tracking your symptoms helps your specialist provide evidence-based, personalised care in line with NICE and British Menopause Society guidelines.*