

# CYCLE AND SYMPTOM TRACKER

Whether having regular monthly cycles, skipping periods, or on cyclic menopause therapy (progesterone half the month), it can be very helpful to track symptoms compared to your uterine bleeding. If you had a hysterectomy/ endometrial ablation/ progestin IUD, then tracking symptoms WITHOUT bleeding can show what your ovaries are doing. This is extremely helpful in perimenopause when symptoms come and go.

Use the legend to color the circles of any symptom you want to track. Using different colors, you will start to see if colored dots are grouping when symptoms happen together, or if symptoms show a pattern of one after the other. Or if there is no pattern.

MONTH	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
January																															
February																															
March																															
April																															
May																															
June																															
July																															
August																															
September																															
October																															
November																															
December																															

- Spotting ( \* )
- Bleeding ( / )
- Heavy bleeding ( X )
- Night Sweats
- Daytime hot flashes
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- Sore breasts
- Vaginal dryness
- More emotional
- "egg white" discharge
- Bowel changes
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