

What to track

Tracking your symptoms can be helpful in working out what is going on with your body, and also to share with your GP. It can also be used to assess changes in different symptoms, before and after HRT treatments. Please indicate the extent to which you are bothered by any of these symptoms (1 – a little; 2 – quite a bit; 3 – quite a lot)

Mon	th:	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	Total
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	Fatigue																																
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	Memory issues																																
	Crying spells																																
	Irritability																																
	Hot flushes/flashes																																
	Cold flashes																																
	Clamminess																																
	Dry skin																																
	Heart palpations																																
	Insomnia																																
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	Change in odour																																
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	Weight gain																																
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My most impactful symptoms are:

	Symptom	Score	How it impacts my life
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2			
3			
4			
5			



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