

RE ————— SPiN HEALTH

DAILY SYMPTOM TRACKER

Symptoms provide a window into your body's "behind the scenes" happenings, and as your hormones continue to change, so will your symptoms. Since there's no definitive test to determine whether you're in perimenopause or menopause, symptom tracking is your best gauge.

Considering many of us can't even remember what we ate yesterday, it's important to actually write down or log your symptoms. An assessment tool like the Respin Symptom Tracker can help track symptoms more accurately over days, weeks, and months.

This daily tracker is a great supportive tool for your health journey. If you choose to work with a menopause provider, having a detailed picture of your symptoms on hand will better equip you both. And, if you explore treatment, your tracker can also help you evaluate whether a specific treatment is working or needs fine-tuning.

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Day of cycle if cycling		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	32	33	34	35
Date (month/day)																																				
Bleeding/ Spotting (write in numbers) ¹	Spotting																																			
	Light bleeding																																			
	Moderate bleeding																																			
	Heavy bleeding																																			
	Excessive bleeding (soaking more than 1 super tampon or pad every 2 hours)																																			
Menopause Hormone Therapy (MHT)	Estrogen MHT																																			
	Progesterone MHT																																			
	Testosterone MHT																																			
	DHEA MHT																																			
Non- hormonal Treatments (write in) ²																																				
Sleep/ Energy/ Wellbeing	Difficulty falling asleep, racing mind																																			
	Difficulty falling asleep, but not racing mind																																			
	Sleep disturbance/wake up with a racing mind																																			
	Waking up and can't fall back asleep but not anxious/worried																																			
	Reduced stamina or fatigue/low energy																																			
	Decreased confidence or loss of "oomph"																																			
	Drowsiness during the day																																			
	Grogginess in morning																																			
	Night sweats/hot flashes																																			

¹ Bleeding/Spotting instructions: write in the number that correlates to the color
1- pink or lighter in color
2- vibrant/bright red
3- brown or darker in color
4- “jam-like”, clotty and darker in color but not brown

² Non-hormonal Treatments Instructions: take note of other methods you’re using to manage symptoms, such supplements, acupuncture, etc.

[illegible]

[illegible]

TRANSFORM YOUR HEALTH PATTERNS INTO A *PERSONALIZED* GAME PLAN

Join Respin Health and get your complete menopause tool kit: a personalized holistic plan tailored completely to you.

Get started now at www.respin.health