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. 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. Remember to take this tracker to your next healthcare appointment so your provider has a clear picture of how menopause is affecting you.

	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)																																			
	Estrogen MHT																																			
Menopause Hormone	Progesterone MHT																																			
Therapy (MHT)	Testosterone MHT																																			
	DHEA MHT																																			
Non- hormonal																																				
Treatments (write in) ²																																				
	Difficulty falling asleep, racing mind																																			
	Difficulty falling asleep, but not racing mind																																			
	Sleep disturbance/wake up with a racing mind																																			
Sleep/	Waking up and can't fall back asleep but not anxious/worried																																			
Energy/ Wellbeing	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.

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Date (month/day)																																				
	Irritability, impatience or mini breakdowns; edginess																																			
	Hyper-aggressive																																			
Mood	Low mood/depression																																			
	Emotional fragility; sensitive, easy to cry																																			
	Anxiety																																			
	Brain fog/memory issues/difficulty concentrating																																			
Brain/Mind	Decreased confidence or loss of "oomph"																																			
	Diminished energy/stamina/difficulty completing tasks																																			
	Decreased/loss of libido																																			
	Vaginal irritation/pain with sex																																			
Sexual	Lack of lubrication/vaginal dryness																																			
/Urinary Issues	Leaky or overactive bladder, recurrent UTIs																																			
	Decreased sensation during sex																																			
	Decreased orgasm intensity																																			

	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)																																			
	Electric sensations in the body																																			
	Crawling skin (formication)																																			
	Dental issues																	<u> </u>																		
	Burning mouth/tongue																																			
	Temporomandibular joint dysfunction (TMJ)																																			
	Dizzy spells/vertigo																																			
	Tinnitus (Ringing in the ears)																																			
	Achy joints or pain/injuries (wrist, shoulders, knees or lower back)																																			
	Frozen shoulder or other musculoskeletal pain																																			
	Brittle nails																																			
	Body odor																																			
	Eczema																																			
	New or worsening allergies/histamine intolerance																																			
Other physical	Thinning skin/wrinkles/loss of collagen, less voluminous skin																																			
symptoms associated	Itchiness (skin or ears)																																			
with peri- menopause and	Breast tenderness/swelling/pain																																			
menopause hormone	Acne/oily skin								[[]			[[
changes	Hirsutism (new hair growth on face, chest or back)																																			
	Thinning hair/hair loss																																			
	Restless legs/leg discomfort or pain																																			
	Bloating/puffiness/water retention								[[]			[[
	Weight gain																																			
	Weight loss																																			
	Headaches or migraines																																			
	Digestive changes (acid reflux, bloating, constipation, diarrhea)																																			
	Pelvic cramps with or without bleeding																																ı			ı
	Autoimmune illness (new or worsening)																																			
	New or worsening thyroid issues																																			
	Episodes of rapid heartbeat or palpitations																																			
	Dry eyes and/or skin																																			

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