



Name:

DOB:

Date:

SYMPTOM	NONE	OCCASIONAL	MODERATE	SEVERE
Hot Flashes				
Fatigue				
Night Sweats				
Low Libido				
Insomnia				
Irritable				
Mood Swings				
Weight Gain				
Depression				
Anxiety				
Difficulty Losing Weight				
Poor Exercise Tolerance				
Cold Body Temp				
Cold Hands & Feet				
Hair Loss				
Joint Pain				
Loss of Muscle Mass				
Visual Changes				
Panic Attacks				
Breakthrough Bleeding				
Vaginal Dryness				
Memory Lapses				
Bone Loss				
Water Retention				
Dry Skin				
Urine Incontinence				
Headaches				
Tearful				
Thinning Skin				
Uterine Fibroid				
Cystic Ovaries				
Foggy Thinking				
Increased Facial Hair				
Oily Skin				
Allergies				
Acne				
Heart Disease				
Decreased Concentration				
Insulin Resistance				
Swelling/Puffy Eyes				
Sugar Craving				
High Blood Sugars				