



Harley Street at Home

MENOPAUSE

Menopause Symptom Tracker

Symptoms	Yes	No	Details
Anxiety			
Low Mood			
Depression			
Mood Swings			
Crying Spells			
Brain Fog			
Loss of Confidence			
Poor Concentration			
Poor Memory			
Loss of Joy			
Reduced Self Esteem			
Irritability			
Heart Palpitations			
Difficulty Sleeping			
Tired/Lacking Energy			
Headaches			
Painful/Aching Joints			
Hot Flushes			
Night Sweats			
Changes to Periods			
Vaginal Symptoms			
Urinary Symptoms			
Loss of Libido			
Feeling Dizzy/Faint			
Dry Eyes and Ears			
Oral Health Changes			
Thinning Hair			
Dry/Itchy Skin (Formication)			
Tinnitus			
Restless Legs			
Changes to Body Odour			
Increased Allergies			
Digestive Issues			