

Daily Check-In

A gentle space to track your wellbeing

Date _____

M	T	W	T	F	S	S
○	○	○	○	○	○	○

SLEEP

HOURS SLEPT _____

QUALITY (1-5) _____

NIGHT SWEATS _____

MOOD

HOW I FEEL TODAY



Low



Okay



Good



Great



Amazing

ENERGY

RATE 1-5 FOR EACH

MORNING _____

AFTERNOON _____

EVENING _____

HOT FLASHES / NIGHT SWEATS

HOW MANY TODAY? _____

INTENSITY (1-5) _____

TRIGGERS _____

BODY SYMPTOMS



HEADACHE



JOINT PAIN



FATIGUE



BLOATING



HEART PALPITATION



OTHER

MIND

FOCUS (1-5) _____

BRAIN FOG (1-5) _____

MOOD SWINGS _____

LIFESTYLE

EXERCISE _____

WATER



NUTRITION _____

NOTES & REFLECTIONS

Weekly Reflection

Notice patterns, not perfection

Week _____

THIS WEEK I FELT MOSTLY..

MOST COMMON SYMPTOMS

SLEEP TREND

ENERGY TREND

WINS THIS WEEK

CHALLENGES

ENERGY TREND

SOMETHING TO TRY NEXT WEEK

"I am in tune with my body and I honour its wisdom."

Monthly Overview

See the bigger picture

Month _____ Year _____

SYMPTOM OVERVIEW - RATE YOUR DAY (1-5)

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				

MOST FREQUENT SYMPTOMS

POSSIBLE TRIGGERS

BEST DAYS

MOST DIFFICULT DAYS

NOTES FOR YOUR DOCTOR

Menopause Wellness

Continue Your Menopause Wellness Journey

If you found the tracker helpful, my book *Menopause, Naturally* explores additional natural approaches to navigating menopause, including lifestyle strategies, symptom management, and practical wellness tips.

Scan the QR code below to learn more on Amazon.

