





Menopause Foundation
of Canada

MenoPause Symptom Tracker

Take charge of your menopause by tracking symptoms that may be having a negative impact on your life. Check the boxes below and comment on how the symptoms you experience affect daily living and your overall health. Share the information with your healthcare practitioner or use it to get referred to a menopause specialist.

Physical

Often

Sometimes

Rarely

Never

Hot Flashes and/or Night Sweats				
Period Changes				
Body and Joint Aches				
Fatigue				
Headaches and/or Migraines				
Skin and Hair Changes				
Heart Palpitations				
Dry Eyes				
Dry Mouth and/or Dental Complications				

Mood & Mental Health

Often

Sometimes

Rarely

Never

Anxiety (Nervous, Stressed)				
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MenoPause Symptom Tracker

The Menopause Foundation of Canada’s MenoPause Symptom Tracker makes it easy to track your symptoms, share them with your health care provider, and have a conversation about getting the help you need!

Sign up to join the Menopause Foundation of Canada’s mailing list and you’ll receive immediate access to the MenoPause Symptom Tracker. It’s free to join and you can unsubscribe at any time.

MenopauseFoundationCanada.ca/MPS

