



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				

# 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](https://MenopauseFoundationCanada.ca/MPS)

