

Midlife Symptom Log (2 weeks)

From: Reading Your Body's Patterns: A Symptom Log Primer (Sample) · Building your log · by Amara Okafor (Sample)

Use one row per day to note bleeding, hot flashes, sleep, and mood. Rough notes are perfect; missed days are fine.

Quick key

Bleeding: 0 = none, S = spotting, L = light, M = medium, H = heavy. Mark Day 1 of each period with a star. Bother and mood scale: 0 = none or good, 1 = mild, 2 = moderate, 3 = severe or very disruptive.

Daily log

Date	Bleeding (0/S/L/M/H)	Hot flashes (count)	Night sweats? Woke me?	Hot flash bother (0-3)	Sleep (hours / wake-ups)	Mood (0-3 or a word)	Other symptoms	Notes / context

My two or three 'other' symptoms to watch

- ☐ Vaginal dryness, irritation, or discomfort with sex
- ☐ Urinary urgency, leaking, or burning
- ☐ Headaches or migraines
- ☐ Joint aches
- ☐ Forgetful or foggy days

- ☐ Heart racing or pounding
- ☐ Something else: _____

Weekly two-minute review

Days with bleeding this week (and any heavy days):

Rough total hot flashes / nights woken by sweats:

Hardest day and what was going on:

One thing I want to ask my clinician:

Contact your clinician, don't just log it

- ☐ Bleeding or spotting between periods or after sex
- ☐ Heavy bleeding, or bleeding heavier or longer than usual for me
- ☐ Any bleeding or spotting after menopause (12 months with no period)
- ☐ Low mood, loss of interest, or trouble concentrating most days for 2 weeks or more
- ☐ Thoughts of suicide or crisis: call or text 988. Immediate danger: call 911.

General education for personal record-keeping, not a diagnostic tool. Sources: The Menopause Society; ACOG; Office on Women's Health; 988 Suicide & Crisis Lifeline.