

Midlife Mississippi Symptom Tracker

Educational Disclaimer: This handout is for education and awareness only. It is not medical advice, diagnosis, treatment recommendation, legal advice, or insurance advice. Always consult a licensed healthcare professional regarding medical concerns, medications, hormone therapy, lab testing, or treatment decisions.

How to Use This Tracker

Use this tool for 2-4 weeks before an appointment. Rate symptom severity from 0 to 4: 0 = none, 1 = mild, 2 = moderate, 3 = severe, 4 = disruptive. Bring this to your healthcare provider.

Symptom	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
Hot flashes								
Night sweats								
Sleep disruption								
Fatigue								
Brain fog/focus issues								
Mood changes/anxiety								
Headaches								
Joint/muscle aches								
Cycle/bleeding changes								
Vaginal/urinary symptoms								
Libido/sexual health concerns								
Other								

Questions or Patterns I Noticed
