https://www.FMRAp.com/MenopauseRising

Symptom Tracker

Symptom	Hot Flashes	Sleep Quality	Mood	Menstrual Changes	Energy	Food	Physical Activity		
Wednesday 12/15	*3*	*good*	*positive*	*n/a*	*normal*	*pasta*	*walked 1 mile*		
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Monday									
Tuesday									
Wednesday									

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Symptom Tracker

Symptom	Hot Flashes	Sleep Quality	Mood	Menstrual Changes	Energy	Food	Physical Activity		
Thursday									
Friday									
Saturday									
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									