



PERSONAL SYMPTOM CHART

When considering whether or not to begin hormone therapy, a Personal Symptom Chart can be a useful tool for you and your healthcare provider. Charting symptoms on a daily basis will help show the pattern and severity of your symptoms and their relationship to your menstrual cycle or menopause.

The chart is also a useful tool for recording and evaluating changes in your symptoms after beginning a program of hormone therapy. For greatest accuracy, we recommend you set aside a specific time to complete your chart each day. Rate the level at which you experience each symptom, using the scale of: **1 – Mild 2 – Moderate 3 – Severe**

If you do not experience the symptom at all, leave the box blank. After you've carefully charted your symptoms for four or more weeks, discuss your findings with your healthcare provider. Together, you'll be able to see if there is a pattern and discuss treatment options.

And remember — if you have questions, we are always happy to help.

Call us at 866.418.9303 Monday – Friday 8:00am – 4:30pm EST or visit our website: www.trubalancehealthcare.com

Personal Symptom Chart

1 – Mild 2 – Moderate 3 – Severe

Patient Name: _____

Date: _____ Year: _____

		DAY OF CYCLE																														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
SYMPTOMS	Food cravings – carbs/salty/sweet																															
	Headaches or migraine																															
	Breasts tender/sore/swollen																															
	Rapid changes in mood																															
	Low back and/or joint pain																															
	Warm/flushed skin																															
	Bloating/water retention																															
	Fatigue/tired																															
	Anxiety																															
	Weight gain																															
	Irritability/anger																															
	Muscle weakness																															
	Depression																															
	Nervousness																															
	Lack of energy/endurance																															
	Acne/oily skin																															
	Rapid/irregular heartbeat																															
	Forgetfulness																															
	Hot flashes/night sweats																															
	Vaginal dryness/pain/itching																															
	Trouble controlling urine/leaking																															
	Lack of sex drive/libido																															
	Difficulty falling/staying asleep																															
	Foggy thinking																															
	Weight loss																															
	Hand tremors																															
	Decreased focus/attention																															
	Heavy or irregular periods																															
TALLY:																																