

Symptom and Questions Log

Track what you notice for a few weeks, then bring the page to your appointment so nothing gets forgotten.



Date	Hot flashes (count)	Night sweats	Sleep (hours / quality)	Brain fog	Mood	Notes

Questions for my doctor, nurse or specialist

- ☐ 1.
- ☐ 2.
- ☐ 3.
- ☐ 4.
- ☐ 5.
- ☐ 6.

What I would like to leave the appointment knowing

Free iPhone app: My Midlife Story: Menopause

Track perimenopause and menopause symptoms in one tap, then walk into your doctor visit with a clear one-page summary. Free, private, no account.

Not medical advice. This page is a personal log to share with your doctor or pharmacist; follow their instructions.

