Menopause Journal
All except the number of anxiety episodes are to be graded on a scale of 1-10 (1 being best, 10 being worst)

Day/ Symptom	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
Mood																														
Anxiety episodes																														
Headache																														
Bloating																														
Energy																														
Sleep quality																														
Hotflashes																														
Mental clarity																														
Exercise level																														
SSE (sexually satisfying episodes)																														
Painful sex																														

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