## DAILY SYMPTOM TRACKER

heeping track of my sanity...

We Will Be Well

Daily Symptom Tracker

## HOW TO GET THE BEST BENEFIT FROM YOUR SYMPTOM TRACKER

By keeping track of your symptoms, feelings, activities and potential triggers each day, you will not only help yourself understand the changes that are occurring, you will also be able to have more informed conversations with your healthcare professionals.

You'll be able to start to see patterns in how you feel, what happened just before, what had you eaten, if there are any times in the month that are better than others.

Being aware of the changes in our bodies is a crucial part of being able to work with them to ensure that our hormonal changes have minimal negative impact.

Having tracked your symptoms, when you fo visit your GP or other healthcare professional, you will be able to have a really positive conversation with them and agree any necessary ways forward.

## Enjoy the process!

This shouldn't be a chore, it should be seen as a way to support yourself through these potentially challenging times so you come out a stronger, wiser, and possibly even calmer version of yourself!

We Will Be Well

Daily Symptom Tracker

## ALL ABOUT ME:

NAME:	
PHONE NUMBER:	
EMAIL ADDRESS:	
NHS NUMBER;	
ALLERGIES:	
DOCTOR'S SURGERY PHONE NUMBER:	
PREFERRED DOCTOR:	
REGULAR MEDICATION:	
IN CASE OF EMERGENCY	,
PHONE NUMBER:	
RELATIONSHIP:	
We	e Will Be Well



DAY	I'M FEELIN	1G
DATE	MORN	
SLEEP HRS	EVENING	

SLEEP

I WENT TO BED AT: I WOKE UP BED AT: I WOKE TIMES IN THE NIGHT I WOKE BECAUSE: TO GET BACK TO SLEEP I... I GOT UP AND DID...

WHAT WAS GOOD ABOUT TODAY? WHAT WERE TODAY'S BIGGEST CHALLENGES?

TODAY I AM GRATEFUL FOR...

**HEAD, NECK & SHOULDERS** CHEST **URINARY CONCERNS BONES & JOINTS** 



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**EMOTIONAL GOAL** 

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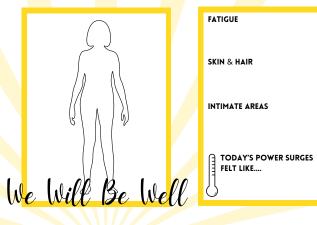
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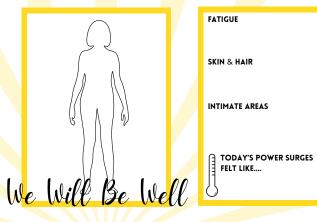
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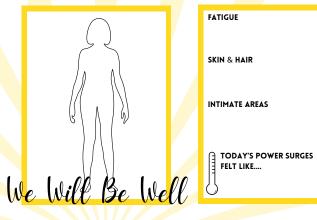


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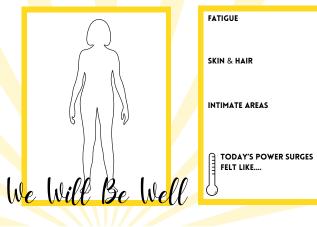
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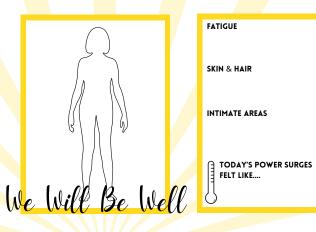
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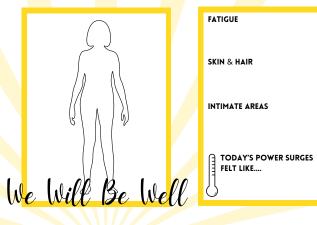
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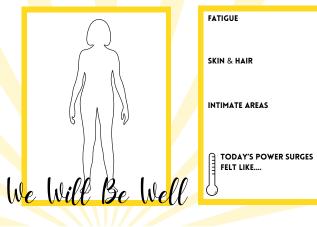
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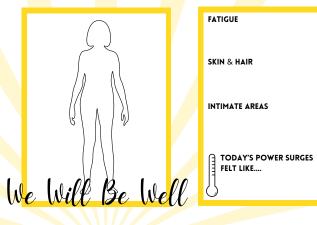
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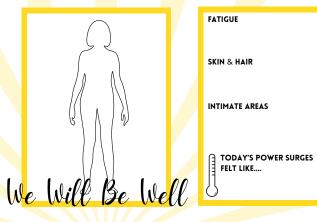
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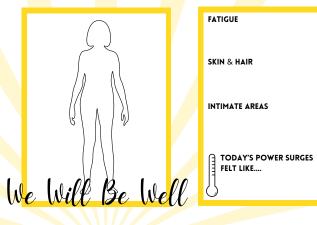


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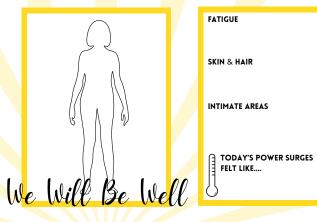
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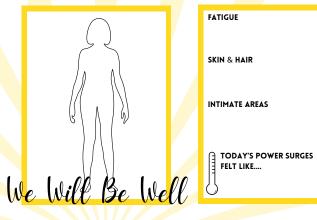


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	SLEEP I		
	I GOT UP AND DID		



**HEAD, NECK & SHOULDERS** CHEST **URINARY CONCERNS BONES & JOINTS** 





Daily
Symptom
tracker

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**EMOTIONAL GOAL** 

MOVEMENT	NUTRITION

NOTES TO MYSELF ABOU	T TODAY:				
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		2 110111V	Boll	Q. VV	 
	VV	T will			



DAY	I'M FEELIN	1G
DATE	MORN LUNCH	
SLEEP HRS	EVENING	

WHAT WAS GOOD ABOUT TODAY? WHAT WERE TODAY'S BIGGEST CHALLENGES?

TODAY I AM GRATEFUL FOR...

**HEAD, NECK & SHOULDERS** CHEST **URINARY CONCERNS BONES & JOINTS** 



Daily
Symptom
tracker

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**EMOTIONAL GOAL** 

MOVEMENT	NUTRITION

NOTES TO MYSELF ABOU	T TODAY:				
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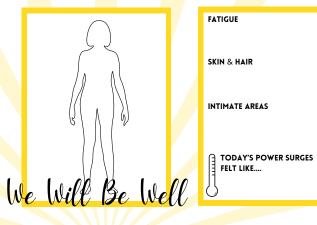


DAY	I'M FEELIN	<b>√ √ √ √ √ √ √ √ √ √</b>
DATE	MORN	
SLEEP HRS	LUNCH	
SEEE! IIKS	EVENING	

WHAT WAS GOOD ABOUT TODAY? WHAT WERE TODAY'S BIGGEST CHALLENGES?

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Daily
Symptom
tracker

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**EMOTIONAL GOAL** 

TODAY I AM PROUD OF...

NOTES TO MYSELF ABOU	T TODAY	<b>′</b> :					

We Will Be Well



DAY	I'M FEELIN	<b>√ </b>
DATE	MORN	
SLEEP HRS	LUNCH	
	EVENING	

WHAT WAS GOOD ABOUT TODAY? WHAT WERE TODAY'S BIGGEST CHALLENGES?

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Symptom
Tracker

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**EMOTIONAL GOAL** 

MOVEMENT	NUTRITION

NOTES TO MYSELF ABOU	T TODAY:				
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DAY	I'M FEELIN	1G
DATE	MORN	
SLEEP HRS	EVENING	

SLEEP I WENT TO BED AT: I WOKE UP BED AT: I WOKE TIMES IN THE NIGHT I WOKE BECAUSE:

TO GET BACK TO SLEEP I...

I GOT UP AND DID...

WHAT WAS GOOD ABOUT TODAY? WHAT WERE TODAY'S BIGGEST CHALLENGES?

TODAY I AM GRATEFUL FOR...

**HEAD, NECK & SHOULDERS** 

CHEST

**URINARY CONCERNS** 

**BONES & JOINTS** 



FATIGUE

SKIN & HAIR

INTIMATE AREAS

Daily
Symptom
Tracker

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**EMOTIONAL GOAL** 

MOVEMENT	NUTRITION					

NOTES TO MYSELF ABOU	T TODAY:				
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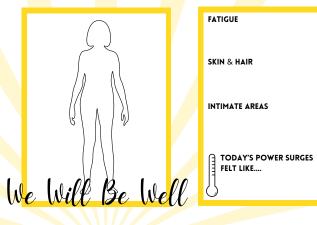


DAY	I'M FEELIN	IG
DATE	LUNCH	
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**EMOTIONAL GOAL** 

MOVEMENT	NUTRITION					

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