

# DAILY SYMPTOM TRACKER

*Keeping 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 go to 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**

**NAME:**

.....

**PHONE NUMBER:**













.....

**RELATIONSHIP:**

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*We Will Be Well*

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DAY	<input type="text"/>	I'M FEELING...			
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SLEEP HRS	<input type="text"/>	LUNCH			
		EVENING			

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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?

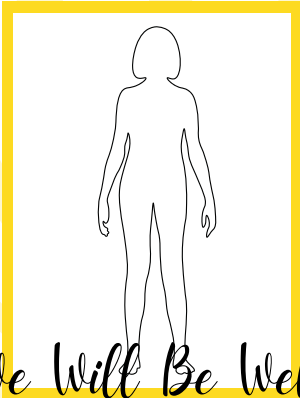
TODAY I AM GRATEFUL FOR...

HEAD, NECK & SHOULDERS

CHEST

URINARY CONCERNS

BONES & JOINTS



FATIGUE

SKIN & HAIR

INTIMATE AREAS

TODAY'S POWER SURGES FELT LIKE...



We Will Be Well

Daily  
Symptom  
Tracker

PHYSICAL GOAL

EMOTIONAL GOAL

TODAY I AM PROUD OF...

MOVEMENT

[Empty box for movement notes]

NUTRITION

[Empty box for nutrition notes]













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NOTES TO MYSELF ABOUT TODAY:

[Dotted lines for notes]

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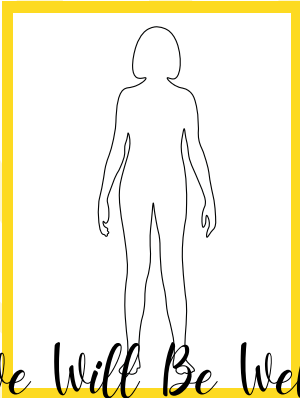
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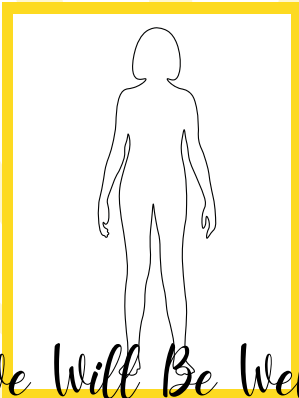
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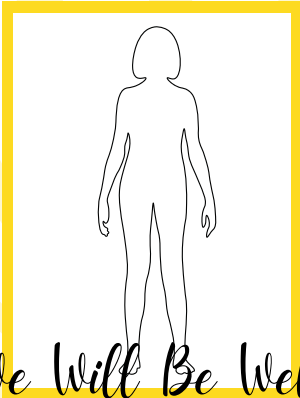
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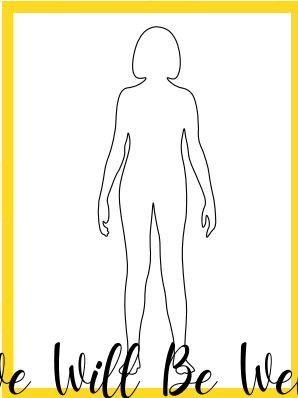
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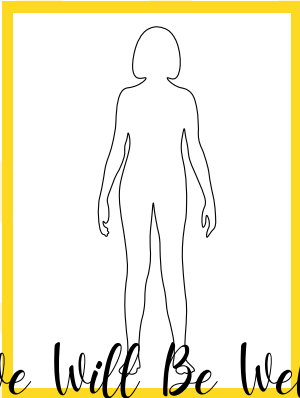
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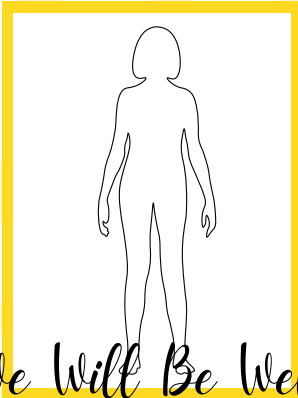
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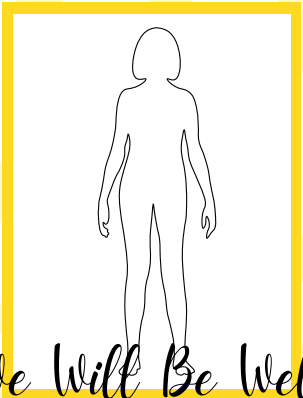
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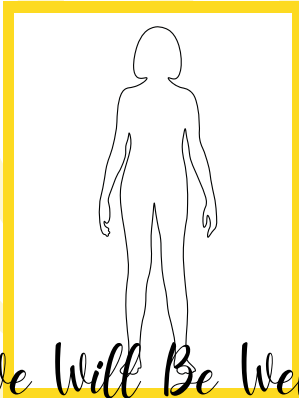
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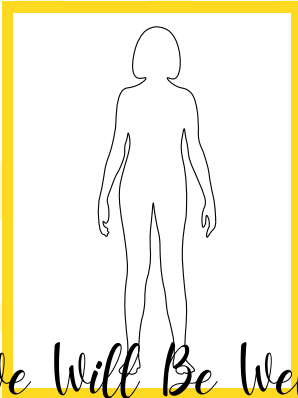
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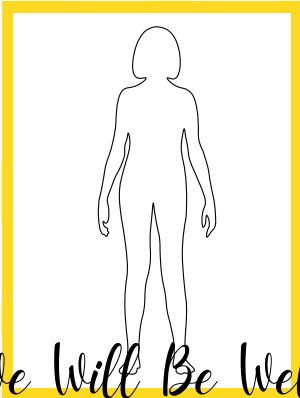
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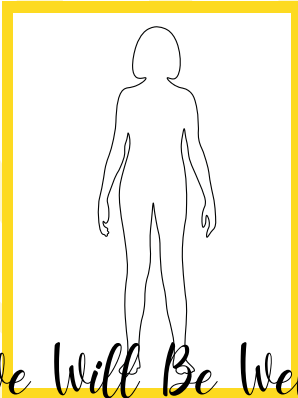
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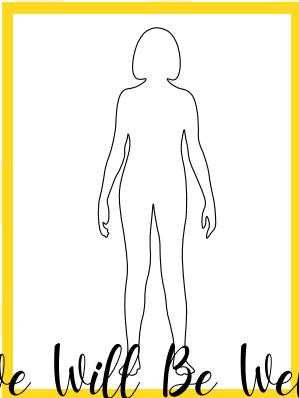
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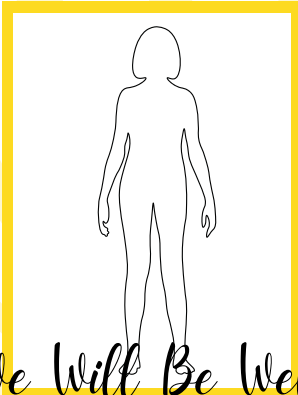
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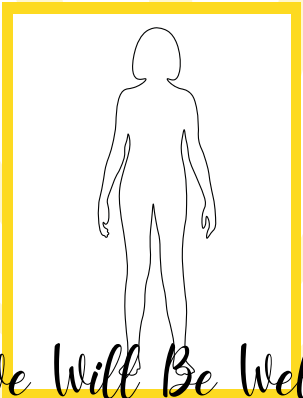
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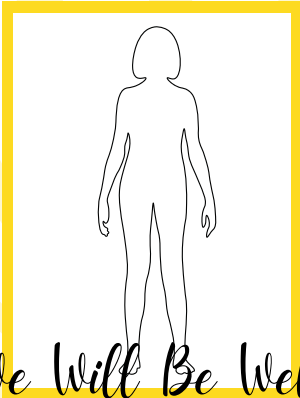
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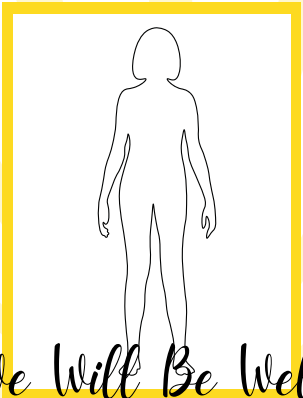
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<b>DAY</b>	<input type="text"/>	<b>I'M FEELING...</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DATE</b>	<input type="text"/>	<b>MORN</b>			
<b>SLEEP HRS</b>	<input type="text"/>	<b>LUNCH</b>			
		<b>EVENING</b>			

## 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?

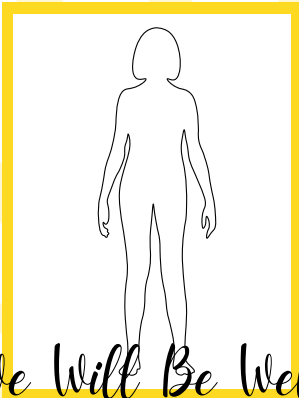
TODAY I AM GRATEFUL FOR...

**HEAD, NECK & SHOULDERS**

**CHEST**

**URINARY CONCERNS**

**BONES & JOINTS**



**FATIGUE**

**SKIN & HAIR**

**INTIMATE AREAS**

**TODAY'S POWER SURGES FELT LIKE...**



*We Will Be Well*

Daily  
Symptom  
Tracker

PHYSICAL GOAL

EMOTIONAL GOAL

TODAY I AM PROUD OF...

MOVEMENT

[Empty box for Movement notes]

NUTRITION

[Empty box for Nutrition notes]

TODAY I AM GRATEFUL FOR...

NOTES TO MYSELF ABOUT TODAY:

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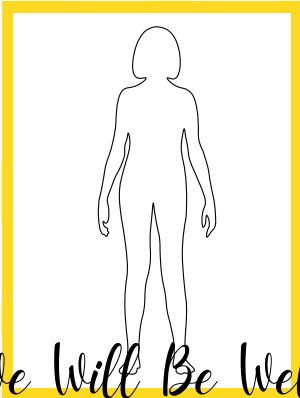
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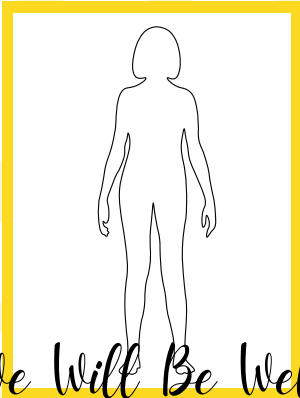
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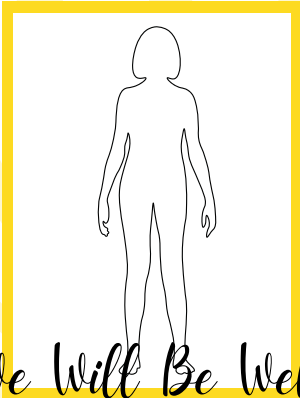
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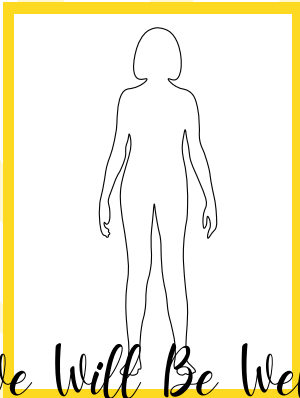
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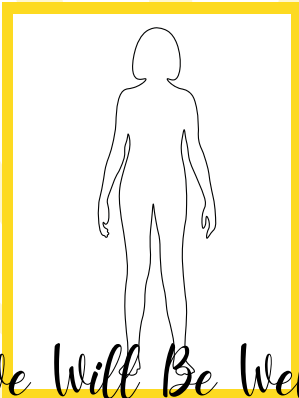
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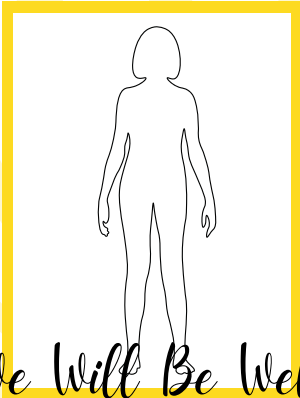
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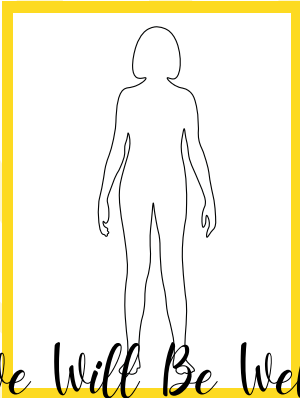
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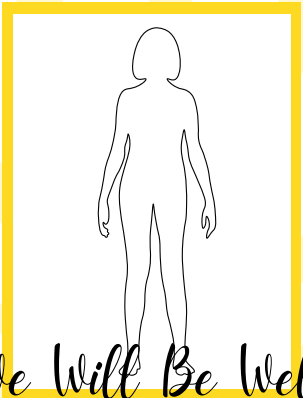
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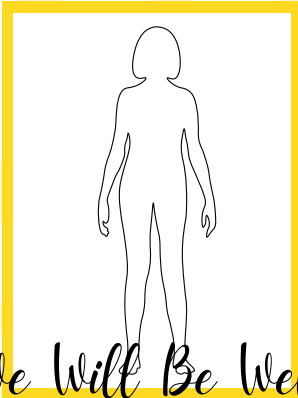
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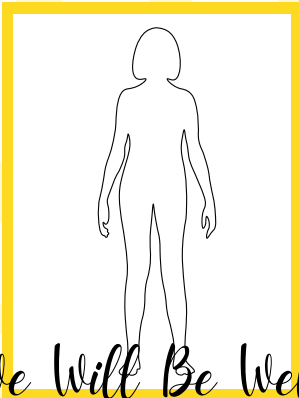
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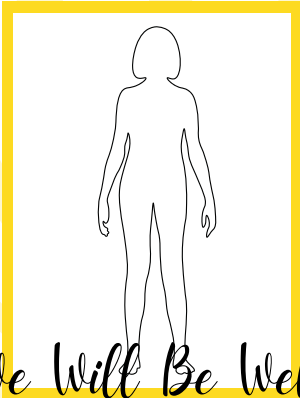
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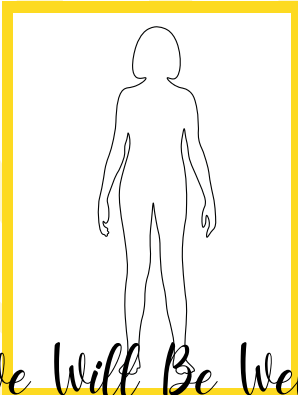
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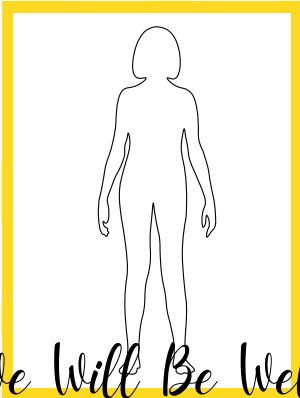
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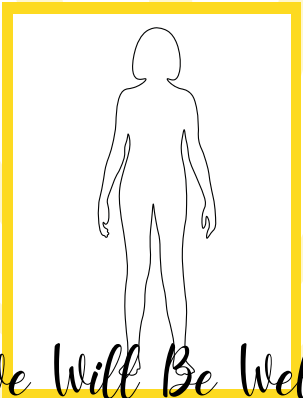
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# *top tips*