WOMEN'S AWARENESS CALENDAR



Name: Age:

Month / Year:

Symptom Rating Scale (leave square empty if no problem):

1 - Mild

Does not interfere with normal activities

2 - Moderate Interferes with normal activities

3 - Severe

Unable to perform normal activities

	Symptom			1		1											dar								-					_		
	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	31
	Hot flashes																															
	Night Sweats																															
	Sleep disturbances																															
	Headache																															
	Palpitations																															
	Vaginal Dryness																															
	Anxiety/Nervousness																															
	Irritability																															
	Outburst of anger																															
	Crying/Hyper-sensitivity																															
	Mood swings																															
	Depression																															
	Poor self-esteem																															
	Problems coping																															
	Poor concentration/Focus																															
	Forgetfulness																															
	Can't think clearly																															
	Breast fullness																															
	Breast tenderness																															
	Feeling bloated																															
	Nausea																															
	Fatigue																															
	Reduced libido																															
	Reduced sense of well-being																															
	Dry skin																															
	Acne																															
	Facial hair																															
	Lowering in voice																															
	Weight gain																															
	Joint aches and pains																															
MENSTRUATION	(mark X at onset of period)																															

Medication	Dose																															
weucation	(Mark X on day of use)	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
Estrogen																																Ĺ
Progesterone																																
Testosterone																																
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Treatment Plan: