

Mood, Sleep and Symptom Tracker

Menopause can affect mood, sleep and physical symptoms in ways that impact daily life. Tracking these changes helps you notice patterns, prepare for conversations with your healthcare provider and make informed decisions about your well-being.

GET STARTED: For 7 days in a row, rate your mood and sleep quality and take note of any new or worsening symptoms on the tracker below.

DATE	MOOD (1-10)	SLEEP QUALITY (1-10)	SYMPTOMS
Day 1:			
Day 2:			
Day 3:			
Day 4:			
Day 5:			
Day 6:			
Day 7:			



WHY KEEP TRACK?

Tracking your mood, sleep and symptoms can reveal patterns that help you and your healthcare provider make better decisions. Having a record with insights can help support your mental and physical health during menopause and give you a clearer picture of your well-being.

Build your Health Literacy toolkit and explore expert wellness resources:

www.sk.bluecross.ca/healthysk