

♥ Stop guessing. Start connecting the dots.

NURSE-CREATED · LESS THAN 3 MINUTES A DAY

The 7-Day Hormone Symptom Tracker

Your symptoms aren't random. They aren't in your head.

This tracker is your evidence.

Use it to walk into your next appointment with data — not just descriptions.

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BEFORE YOU BEGIN

You are not imagining this.

The 3:00 a.m. wake-up. The 2:00 p.m. crash that no amount of caffeine touches. The word that dissolves off your tongue mid-sentence. The wave of heat, the racing heart, the crawling feeling under your skin.

These are real, documented experiences of hormonal fluctuation — and they are connected. That's what this tracker helps you see.

Why tracking changes everything:

- Your brain fog is real — and tracking shows you when it peaks.
- Your afternoon crash has a pattern — sleep, sugar, or stress.
- Your night sweats and 3 a.m. wake-ups are often linked. Seeing the link is powerful.
- Your doctor needs **patterns** — not just a list of complaints. This becomes your record.

HOW TO USE THIS TRACKER

- 1 Each evening, spend 2–3 minutes filling in that day's column. Write in the 1–5 rating, or tick the box for yes.
- 2 No journaling required. Every mark is a data point.
- 3 On Day 4, pause for the Mid-Week Pattern Check-In (page 4).
- 4 On Day 7, fill in your Doctor Summary Sheet (page 5) and bring it with you.

"This isn't a wellness diary. It's a tool — in the hands of the person who knows your body best. You."

FILL IN EACH EVENING · WRITE THE RATING, TICK THE BOX

Your 7-Day Tracker

Symptom / Input	Mon	Tue	Wed	Thu	Fri	Sat	Sun
SLEEP							
Sleep quality (1–5)							
3:00 a.m. wake-up	☐	☐	☐	☐	☐	☐	☐
Night sweats / chills	☐	☐	☐	☐	☐	☐	☐
ENERGY & CRASHES							
10:00 a.m. fog	☐	☐	☐	☐	☐	☐	☐
2:00 p.m. crash	☐	☐	☐	☐	☐	☐	☐
Evening fatigue	☐	☐	☐	☐	☐	☐	☐
BODY							
Daytime hot flashes	☐	☐	☐	☐	☐	☐	☐
Joint pain / stiffness	☐	☐	☐	☐	☐	☐	☐
Palpitations	☐	☐	☐	☐	☐	☐	☐
Headache	☐	☐	☐	☐	☐	☐	☐
MIND & MOOD							
Brain fog severity (1–5)							
Lost word mid-sentence	☐	☐	☐	☐	☐	☐	☐
Anxiety / fight-or-flight	☐	☐	☐	☐	☐	☐	☐
Sudden tears / rage	☐	☐	☐	☐	☐	☐	☐
LIFESTYLE INPUTS							
Sugar / processed food	☐	☐	☐	☐	☐	☐	☐
Alcohol	☐	☐	☐	☐	☐	☐	☐
Caffeine (# cups)							
Movement (mins)							
Water (glasses)							

Instructions: for the 1–5 rows, write in a number from 1 (mild) to 5 (severe). Tick the box for yes; leave it blank for no. There are no wrong answers — every mark is a data point.

Mid-Week Pattern Decoder

Patterns don't lie — and they don't require a medical degree to spot. They just require a few days of honest data. Take five minutes with these prompts. You are the expert here.

Sleep & alcohol

Are your 3 a.m. wake-ups happening on days you drank alcohol? Compare your sleep and alcohol rows.

Fog & breakfast

Does your afternoon crash match days with a high-sugar or high-carb start? Check your lifestyle inputs.

Hot flashes & caffeine

Do daytime hot flashes spike on high-caffeine days? Count the marks side by side.

Mood & sleep debt

On days you marked anxiety or sudden tears, what was the previous night's sleep score?

Movement & energy

On days you moved — even briefly — how did your evening fatigue compare?

Don't see a pattern yet? That's completely normal. Four days is a starting point, not a conclusion. Keep going — by Day 7 a pattern almost always emerges. And even “no correlation” is information: it may mean the driver is hormonal rather than lifestyle, which is exactly what your provider needs to know.

Your Doctor Summary Sheet

You have 7 days of evidence. You don't need to explain or convince anyone — you have data. Fill this in and bring it to your appointment.

Most frequent symptom

Worst time of day

Sleep disruptions

Mood spikes

Food / trigger correlation

Energy pattern

WHAT TO ASK YOUR DOCTOR

- ☐ Can we run a full hormone panel — estradiol, progesterone, FSH, LH, and DHEA-S?
- ☐ I've been waking at 3 a.m. consistently. Could this be a cortisol pattern?
- ☐ My brain fog is affecting my work. Can we rule out thyroid alongside hormones?
- ☐ I have new joint pain and histamine-type reactions. Could these be hormone-related?
- ☐ What do "normal" lab ranges mean for a woman in perimenopause — versus optimal ranges?

You are not broken. You are not "just anxious." You are not "just getting older." You are a woman whose body is communicating — clearly. This tracker is proof that you're listening.

Ready to decode it together? Bring your tracker to a **Clarity Session** — a private 75-minute conversation where we make sense of your patterns and map your next steps. Book at themenavigator.com