

7-day menopause journal

Fill this in at the end of each day. Estimates are fine. Two weeks in a row gives a clinician far more to work with than one, so print two.

Grading a hot flush. These are the definitions used in the US Food and Drug Administration's guidance for menopause trials, so grading yours the same way makes your week readable to a specialist. **Mild:** a sensation of heat without sweating. **Moderate:** heat with sweating, but you can carry on with what you were doing. **Severe:** heat with sweating that makes you stop what you were doing. That guidance also describes a trial-entry level of roughly 7 to 8 moderate-to-severe flushes a day, which is the figure a specialist tends to look for. It is a reference point for a conversation — not a diagnosis and not medical advice.

Day	Date	Flushes in the day	Night sweats	How many moderate or severe	Worst	Hours slept	Times woke	Mood 1–5	Brain fog 1–5	Aches 1–5	Night toilet trips	Bleeding	What I took — and anything worth noting
1													
2													
3													
4													
5													
6													
7													

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A record-keeping tool, not a diagnosis and not medical advice.