

# Compounding Solutions Pharmacy & Wellness Hormone Symptom Tracker

Month: \_\_\_\_\_

Mark symptom as: Mild – 1, Moderate – 2, Severe – 3

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
Brain Fog																															
Chills																															
Dry hair/skin																															
Fatigue																															
Hair loss																															
Hot flashes																															
Insomnia/Sleep Disturbances																															
Irregular bleeding/spotting																															
Irritability																															
Low libido																															
Mood change/Anxiety																															
Night sweats																															
Sweating																															
Vaginal Dryness																															
Weight Gain																															

**Notes:**