



Menopause Symptom Checker

Symptom	Yes	No
Night Sweats		
Hot Flashes		
Headaches/Migraines		
Fatigue		
Difficulty Sleeping		
Poor Concentration		
Poor Memory		
Brain Fog		
Joint/Muscle Pain		
Changes to Periods		
Reduced Confidence		
Lack of Motivation		
More Emotional		
Irritability		
Mood Swings		
Low Mood		
Anxiety		

Symptom	Yes	No
Weight Gain		
Thinning/Drying Hair		
Dry Eyes/Brittle Nails		
Dry/Itchy Skin		
Tinnitus		
Tummy Bloating		
Restless Legs		
Loss of Libido		
Vaginal/Vulval Dryness		
Vaginal/Vulval Itching		
Vaginal/Vulval Burning		
Skin Thinning or Splitting		
Vagina/Vulva Smaller		
Painful Intercourse		
Repeated Urinary Infections		
Leaking Urine		
Prolapse/Dragging Feeling in Vagina		

Please add any other concerns or notes in the space below;

Date;.....