

## Tracking from Day 1 of Starting HRT

Instructions: Rate each area 1-10 daily (1=awful, 10=amazing). Takes 30 seconds!

Week 1  Date Energy Energy Mood Libido Qua							Date:		
Date	Energy AM	Energy PM	Mood	Libido	Sleep Quality	Hot Flushes (0-5)	Notes		
Mon									
Tue									
Wed									
Thu									
Fri									
Sat									
C									
Best o			Wor	st day:		_ What he	lped: Date:		
3est d Week	<b>2</b>			-			Date:		
Best ( Week Date	<b>2</b>			-			Date:		
Best ( Week Date	<b>2</b>			-			Date:		
Best ( Week  Date	<b>2</b>			-			Date:		
<b>Date</b> Mon Tue	<b>2</b>			-			Date:		
Best of Week  Date  Mon Tue  Wed Thu	<b>2</b>			-			Date:		
Best ( Week  Date  Mon Tue  Wed	<b>2</b>			-			Date:		



Veek	<b>3</b>						Date:
Date	Energy AM	Energy PM	Mood	Libido	Sleep Quality	Hot Flushes (0-5)	Notes
Mon							
Гие							
Wed							
Γhu							
-ri							
Sat							
Sun							

Date	Energy AM	Energy PM	Mood	Libido	Sleep Quality	Hot Flushes (0-5)	Notes
Mon							
Tue							
Wed							
Thu							
Fri							
Sat					_		
Sun							

Best day:	Worst day:	What helped:



Week 4

Date: \_\_\_\_\_

Week 5 Date:							
Date	Energy AM	Energy PM	Mood	Libido	Sleep Quality	Hot Flushes (0-5)	Notes
Mon							
Гие							
Ned							
hu							
-ri							
Sat							
Sun							
			VVOI	st day:		_ willat liei	ped:   Date:
Veek	x 6						Date:
Veek Date	x 6					Hot Flushes (0-5)	
<b>/eek Date</b> Mon	x 6						Date:
<b>Jate</b> Mon  Tue	x 6						Date:
Veek  Jate  Jon  Tue  Ved	x 6						Date:
Date  Mon ue  Wed	x 6						Date:
Date Mon ue Wed hu	x 6						Date:
Veek  Mon  Γue  Wed  Γhu  Fri  Sat	x 6						Date:
Date  Mon  Tue  Wed  Thu  Fri  Sat	x 6						Date:
Mon Tue Wed Thu Fri Sat	Energy AM	Energy	Mood	Libido	Sleep Quality	Hot Flushes (0-5)	Date:

