

Daily Tracker

Tracking from Day 1 of Starting HRT

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

Week 1

Date: _____

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

Best day: _____ **Worst day:** _____ **What helped:** _____

Week 2

Date: _____

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

Best day: _____ **Worst day:** _____ **What helped:** _____

Week 3

Date: _____

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

Best day: _____ Worst day: _____ What helped: _____

Week 4

Date: _____

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

Best day: _____ Worst day: _____ What helped: _____

Week 5

Date: _____

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

Best day: _____ Worst day: _____ What helped: _____

Week 6

Date: _____

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

Best day: _____ Worst day: _____ What helped: _____

Patterns to Discuss with Janaya:
