

Green Path Coaching

Menopause Symptom Checker

This can be used to monitor menopause symptoms and is worth doing regularly to assess how symptoms change with time or with treatment.

Alternatively, download the **balance** app to take the Menopause Symptom Questionnaire and access a Personal Health Report.

Please indicate the extent to which you are affected currently by any of these symptoms by placing a tick in the appropriate box.

Score 0 = Not at all, 1 = A Little, 2 = Quite a Bit, 3 = Extremely

SYMPTOMS	0	1	2	3	COMMENTS
Hot Flashes					
Cold Flashes					
Night Sweats					
Brain Fog & Forgetfulness					
Anxiety & Depression					
Changes to Hair & Skin					
Vaginal Atrophy, Painful Sex					
Low Libido, Lack of Desire					
Low Mood					
Mood Swings					
Crying Spells					
Loss of Confidence					
Poor Concentration					
Poor Memory					
Loss of Joy					
Reduced Self-Esteem					
Irritability					
Palpitations					
Difficulty Sleeping					
Tired / Lack of Energy					
Headaches					
Painful / Aching Joints					
Changes to Periods					
Urinary Symptoms					
Feeling Dizzy / Faint					
Dry Eyes / Ears					
Oral Health Changes					
Thinning Hair					
Dry / Itchy Skin					
Tinnitus					
Restless Legs					
Changes to Body Odour					
Increased Allergies					
Digestive Issues					
Electric Shock Sensation					
Total Score					