

SYMPTOM TRACKER

FIRST DAY OF
LAST PERIOD

MONTH

[illegible]

GOALS FOR THIS MONTH:

● _____

● _____

● _____

● _____

WHAT I'M LOOKING FORWARD TO THIS MONTH:

● _____

● _____

● _____

● _____

NOTES

Instructions: Whether you are actively trying to conceive or simply looking to gain a better understanding of your cycle, a symptom tracker can be helpful and empowering. A tracker can help you recognize patterns, keep tabs on your progress, and can even be used as a tool to aid communication with your doctor. Here's how to get started:

In the "symptoms" column, make a list of your symptoms (i.e. cramping, headache, menstrual bleeding, fatigue). Over the course of the month, fill in the corresponding boxes (note: the column under the "1" marks the 1st of the month, "2" is the 2nd, etc.).

You can fill in the boxes with check marks or X's to indicate if you experienced that symptom, or you can get fancy with color-coding, or a number scale, to keep track of the severity of the symptom.



P.S. ARE YOU LOOKING FOR A DIGITAL TRACKING OPTION? SCAN THE QR CODE TO CHECK OUT THE FREE OOVA APP!