



Track Your Menopause Journey

**For survivors navigating menopause
after ovarian cancer treatment**



Understanding how menopause symptoms show up in your body can help you advocate for your health, identify helpful treatments, and feel more in control. Use this tracker to record your daily symptoms, emotional health, and wellness habits. Bring it with you to your next doctor visit.



888-OVARIAN



OVARIAN.ORG



NOCC@OVARIAN.ORG

Rate Your Symptoms

Symptom	0 None	1	2	3 Severe
Hot Flashes/Night Sweats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep difficulties	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood swings/Anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brain fog/Memory issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Fatigue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Libido Changes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bloating/Weight changes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How did you feel today?



Great



Good



Okay



Low



Struggling

Today I felt...

Daily Wellness Habits

Nutrition (Meals, hydration, sugar intake, etc.)



Movement (Walk, stretch, yoga, rest, etc.)



Self-Care (Rest, journaling, meditation, etc.)



Connection (Support group, family, doctor, etc.)



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Notes for Your Doctor

Reflect on Your Week

- I noticed...

- I felt best on days when I...

- The top 3 symptoms I experienced most this week...

- Next week, I want to try...

- I plan to ask my doctor about...

ABOUT THE NATIONAL OVARIAN CANCER COALITION

The National Ovarian Cancer Coalition (NOCC) is dedicated to raising awareness, promoting education, and providing support for individuals impacted by ovarian cancer.

Since 1991, NOCC has offered programs and resources including peer support, online education, care packages, and financial assistance to help survivors and caregivers navigate their journey.



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