WOMEN'S AWARENESS CALENDAR

IGO — Infertility, Gynecology & Obstetrics
Small Miracles Every Day
MEDICAL GROUP, AMC

Name: _____

Age: _____   **Month / Year:** _____

Symptom Rating Scale (leave square empty if no problem):

1 - Mild	Does not interfere with normal activities
2 - Moderate	Interferes with normal activities
3 - Severe	Unable to perform normal activities

Symptom	Calendar Date																														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Hot flashes																															
Night Sweats																															
Sleep disturbances																															
Headache																															
Palpitations																															
Vaginal Dryness																															
Anxiety/Nervousness																															
Irritability																															
Outburst of anger																															
Crying/Hyper-sensitivity																															
Mood swings																															
Depression																															
Poor self-esteem																															
Problems coping																															
Poor concentration/Focus																															
Forgetfulness																															
Can't think clearly																															
Breast fullness																															
Breast tenderness																															
Feeling bloated																															
Nausea																															
Fatigue																															
Reduced libido																															
Reduced sense of well-being																															
Dry skin																															
Acne																															
Facial hair																															
Lowering in voice																															
Weight gain																															
Joint aches and pains																															
Menstruation (mark X when bleeding)																															

Behaviors or Medications	Calendar Date																														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Other Notes: