



MY
Menopause
TRACKERS

SYMPTOMS. MOODS, SLEEP, HABITS,
SELF CARE, PERIODS AND TASKS

Habit Tracker

MONTH:

The habit tracker consists of a large semi-circular grid with a central circular hole. The grid is divided into 31 numbered segments, arranged in a semi-circle from 1 to 31. The segments are arranged in 5 rows: the top row has 6 segments (1-6), the second row has 7 segments (7-13), the third row has 8 segments (14-21), the fourth row has 7 segments (22-28), and the bottom row has 3 segments (29-31). To the left of the semi-circle is a rectangular extension with 5 horizontal rows, aligned with the top five rows of the semi-circle. The grid is drawn with teal lines on a white background.

Habit Tracker

MONTH:

HABIT:	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		

SUPPORTS WHICH GOAL:	REWARD:
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HABIT:	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		

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SUPPORTS WHICH GOAL:	REWARD:
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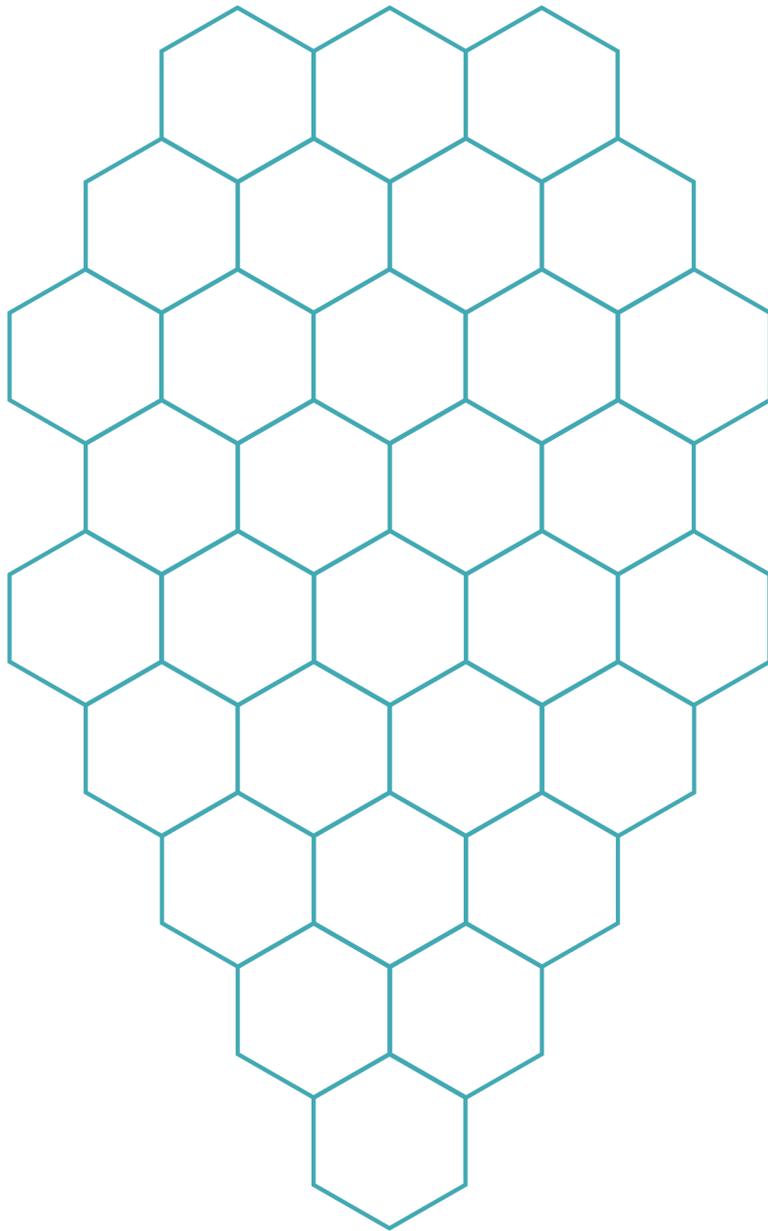
Meditation Tracker

MONTH:

	MEDITATION ACTIVITY	MY FEELINGS DURING AND AFTER	DURATION
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

Mood Tracker

MONTH:



KEY:



NOTES:

Mood Tracker

MONTH: _____

MONTH: _____



Weekly Tracker

DATE:

TASK

S M T W T F S

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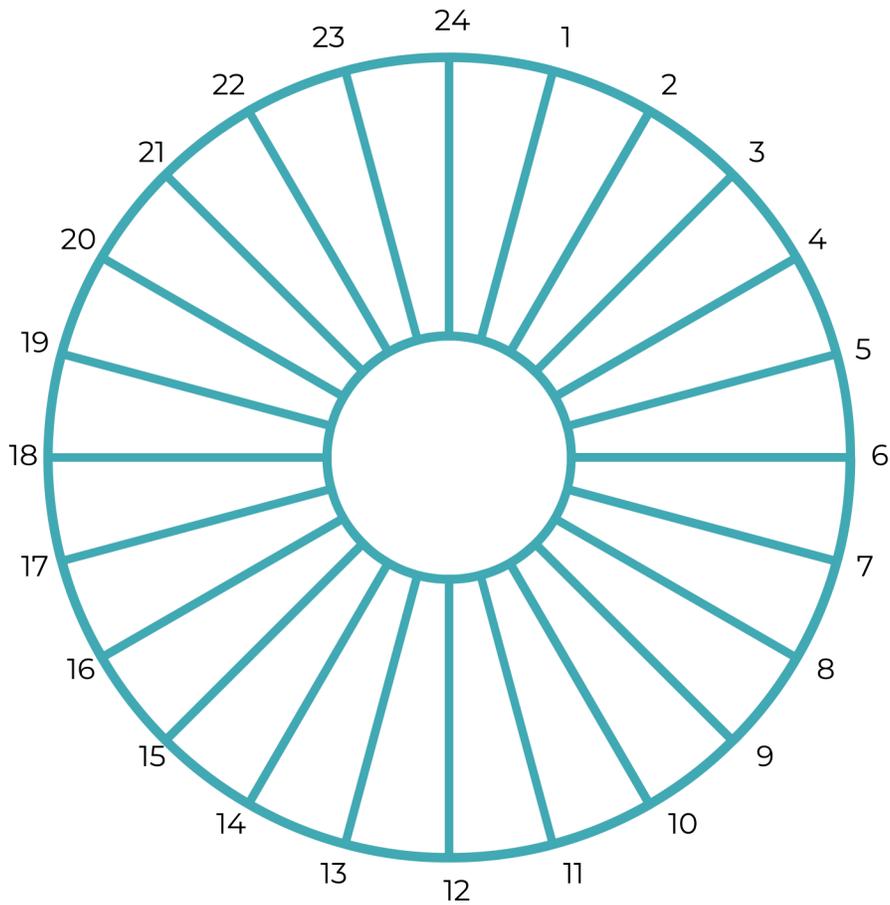
NOTES

Self Care Tracker

MONTH:

Use this 24 hour clock to track how you take care of yourself. Shade in the time you spend...

- Sleeping
- Exercising
- Eating
- Meditating



Time spent sleeping



What have you learnt from this activity?

Time spent exercising



What will you change in the future?

Time spent eating



Time spent meditating



