



GUIDE TO HARMONY

The 7-Day Menopause Symptom Starter Log

A gentle first step toward understanding your body.



Before You Begin

Thirty seconds to read. That's all this takes.

01 Fill in one page each evening.

Right before bed is often easiest — the day is still fresh, and it becomes a small closing ritual.

02 A few words is enough.

This isn't about writing well. Half a sentence still shows you a pattern by day seven.

03 The 0–5 scales aren't clinical.

They're just a quick, private way to notice change from one day to the next.

04 Missing a day is fine.

Consistency matters more than perfection — pick it back up the next evening.

05 At the end of the week, pause.

The reflection page helps you see the shape of the week, not just each day on its own.



Day One

Date _____

TODAY'S NUMBERS

Sleep

hours, roughly

Hot Flashes

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Mood

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Energy

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Stress

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Water

glasses today

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Exercise / Movement what, and for how long

TODAY'S STORY

Symptoms

Possible Triggers

What Helped Today

Notes



Day Two

Date _____

TODAY'S NUMBERS

Sleep

hours, roughly

Hot Flashes

0 – 5

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Mood

0 – 5

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Energy

0 – 5

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Stress

0 – 5

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Water

glasses today

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Exercise / Movement what, and for how long

TODAY'S STORY

Symptoms

Possible Triggers

What Helped Today

Notes

Day Three

Date _____



TODAY'S NUMBERS

Sleep

hours, roughly

Hot Flashes

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Mood

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Energy

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Stress

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Water

glasses today

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Exercise / Movement what, and for how long

TODAY'S STORY

Symptoms

Possible Triggers

What Helped Today

Notes



Day Four

Date _____

TODAY'S NUMBERS

Sleep

hours, roughly

Hot Flashes

0 – 5

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Mood

0 – 5

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Energy

0 – 5

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Stress

0 – 5

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Water

glasses today

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Exercise / Movement what, and for how long

TODAY'S STORY

Symptoms

Possible Triggers

What Helped Today

Notes



Day Five

Date _____

TODAY'S NUMBERS

Sleep

hours, roughly

Hot Flashes

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Mood

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Energy

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Stress

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Water

glasses today

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Exercise / Movement what, and for how long

TODAY'S STORY

Symptoms

Possible Triggers

What Helped Today

Notes

Day Six

Date _____



TODAY'S NUMBERS

Sleep

hours, roughly

Hot Flashes

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Mood

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Energy

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Stress

0 – 5

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

Water

glasses today

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Exercise / Movement what, and for how long

TODAY'S STORY

Symptoms

Possible Triggers

What Helped Today

Notes



Day Seven

Date _____

TODAY'S NUMBERS

Sleep

hours, roughly

Hot Flashes

0 – 5

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Mood

0 – 5

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Energy

0 – 5

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Stress

0 – 5

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Water

glasses today

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Exercise / Movement what, and for how long

TODAY'S STORY

Symptoms

Possible Triggers

What Helped Today

Notes



Looking Back at Your Week

WEEK AT A GLANCE circle how each day felt, overall

Day 1

☐

Day 2

☐

Day 3

☐

Day 4

☐

Day 5

☐

Day 6

☐

Day 7

☐

What pattern did you notice this week?

What helped more than you expected?

What would you like to understand better?



WANT TO GO DEEPER?

Thank You for This Week

A week can help you notice triggers. Twelve weeks help you discover patterns. What you've filled in these past seven days is a real, useful start — and also just the first page of a much longer story your body is telling.

Want to continue? The Menopause Balance Tracker includes 12 weeks of structured tracking, trends, and reflection.

A 12-week guided paperback journal · [available on Amazon](#)