

HORMONE HARMONY JOURNAL

A Structured Journaling System for
Tracking Symptoms, Mood & Wellness

Your Personal Tracking System:

- â€¢ Daily symptom monitoring
- â€¢ Mood pattern recognition
- â€¢ Energy level tracking
- â€¢ Sleep quality assessment
- â€¢ Monthly reflection prompts
- â€¢ Progress tracking templates

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Daily Symptom Tracker - Week 1

Rate each symptom 1-5 (1=none, 5=severe)

DAY 1 - Date: _____

Hot flashes: 1 2 3 4 5

Night sweats: 1 2 3 4 5

Mood swings: 1 2 3 4 5

Brain fog: 1 2 3 4 5

Sleep quality: 1 2 3 4 5

Energy level: 1 2 3 4 5

Joint pain: 1 2 3 4 5

Today's wins: _____

What I'm grateful for: _____

Tomorrow's intention: _____

Weekly Mood Pattern Analysis

Track your emotional patterns to identify triggers.

Week of: _____

MOOD SCALE:

1 = Very low 3 = Neutral 5 = Very high

Mon: Morning ___ Afternoon ___ Evening ___

Tue: Morning ___ Afternoon ___ Evening ___

Wed: Morning ___ Afternoon ___ Evening ___

Thu: Morning ___ Afternoon ___ Evening ___

Fri: Morning ___ Afternoon ___ Evening ___

Sat: Morning ___ Afternoon ___ Evening ___

Sun: Morning ___ Afternoon ___ Evening ___

Patterns I notice: _____

Possible triggers: _____

Monthly Reflection & Planning

Month: _____

OVERALL WELLNESS THIS MONTH:

Physical health (1-10): ____

Emotional balance (1-10): ____

Mental clarity (1-10): ____

Energy levels (1-10): ____

Sleep quality (1-10): ____

My biggest wins this month:

1. _____
2. _____
3. _____

Areas to focus on next month:
