

Symptom History

Jan 00, 0000 – Feb 00, 0000

Year	Date	Symptom name	Symptom attributes	Severity	Triggers
2023	Jan 8	Insomnia	Difficulty falling asleep		
		Night sweats	2 times	Unbearable (5/5)	
		Hot flash	2:15 PM	Severe (4/5)	Alcohol, Smoking, Caffeine, Spicy foods, Stress, Other
			5:15 PM	Tolerable (2/5)	Caffeine, Spicy foods, Other
		Digestive issues	Abdominal Pain, Cramping, Diarrhea, Heartburn		Caffeine, Spicy foods, Other
		Fatigue	Morning, Afternoon, Evening	Mild (1/5)	
		Heart racing			
		Breast soreness			
		Dry skin			
	Jan 6	Brain fog		Moderate (3/5)	
		Anxiety		Unbearable (5/5)	
		Irritability		Unbearable (5/5)	
	Jan 3	Spotting	Had spotting		
2022	Dec 31	Insomnia	Difficulty falling asleep		
		Spotting	Had spotting		