Menopause symptom and bleeding tracker

An original, printable worksheet | no PHI fields

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General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Use a private copy for your own notes. Do not send this worksheet to the clinic through an unapproved channel. Bring it to an appointment only if you choose.

Record patterns without trying to diagnose yourself.

Date label	Symptom or bleeding pattern	Impact / question	What I want to discuss

Context to discuss

- Period timing, bleeding heaviness, bleeding after sex or bleeding after a year without periods.
- Pregnancy possibility, contraception, fertility, surgery or cancer-treatment timing.
- Sleep, mood, sexual health, urinary symptoms, pain, activity and work impact.
- Medication, supplement, hormone, alcohol, nicotine and other substance context.

Sources opened and checked 20 November 2026

Ontario Health / SOGC menopause quality standard: https://www.sogc.org/common/Uploaded%20files/HUB%20Pages/menopause/qs-menopause-en.pdf

SOGC Guideline 422a: https://sogc.org/common/Uploaded%20files/ACSC/ACSC2024/gui422aCPG2110E.pdf

SOGC Menopause Tool: https://sogc.org/en/en/content/events/HUB-Pages/Menopause-Tool.aspx

Canadian Menopause Society pocket guide: https://www.canadianmenopausesociety.org/sites/default/files/pdf/publications/Pocket%20Guide%20-%20udpated%202023%20Final.pdf

Osteoporosis Canada menopause and bone health: https://osteoporosis.ca/menopause-and-bone-health/

Government of Canada menopause guide: https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/women-diversity-health/health-guide/wdh-menopause-guide.html

Government of Canada clinician guide: https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/women-diversity-health/womens-health-care-clinicians/medical-management-menopause-symptoms.html

HealthLink BC post-menopause: https://www.healthlinkbc.ca/healthwise/post-menopause

The Menopause Society hormone therapy: https://menopause.org/patient-education/menopause-topics/hormone-therapy

The Menopause Society position statements: https://menopause.org/professional-resources/position-statements

NICE NG23 menopause guideline: https://www.nice.org.uk/guidance/ng23/resources/menopause-identification-and-management-pdf-1837330217413

NHS menopause and perimenopause treatment: https://www.nhs.uk/conditions/menopause-and-perimenopause/treatment/

Endotext: The Postmenopausal Women: https://www.ncbi.nlm.nih.gov/sites/books/NBK279050/