Perimenopausal & Menopausal Women

Date	Medis Symptoms	Moda / Bower i	Noti Observations
Supplements:			
Sleep (hours):			
Stress Level (1-	-10):		
Supplements:			
Sleep (hours):			
Stress Level (1-	-10):		
Supplements:			
Sleep (hours):			
Stress Level (1-	-10):		
Supplements:			
Sleep (hours):			
Stress Level (1-	-10):		
Supplements:			
Sleep (hours):			
Stress Level (1-	-10):		
Supplements:			
Sleep (hours):			
Stress Level (1-	-10):		
Use this tracker Supplements:	daily to spot connections between your symp	ntoms, food choices, a	and gut health.

Sleep (hours):

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Supplements:			
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Sleep (hours):

Perimenopausal & Menopausal Women

Date	ivieais	Symptoms	Mood / bowel in	ou Observations
Supplements:	:			
Sleep (hours)	:			
Stress Level ((1-10):			
Supplements:	:			
Sleep (hours)	:			
Stress Level ((1-10):			
Supplements:	:			
Sleep (hours)	:			
Stress Level ((1-10):			
Supplements:	:			
Sleep (hours)	:			
Stress Level ((1-10):			
Supplements:	:			
Sleep (hours)	:			
Stress Level ((1-10):			
Supplements:	:			
Sleep (hours)	:			
Stress Level ((1-10):			

Use this tracker daily to spot connections between your symptoms, food choices, and gut health.