



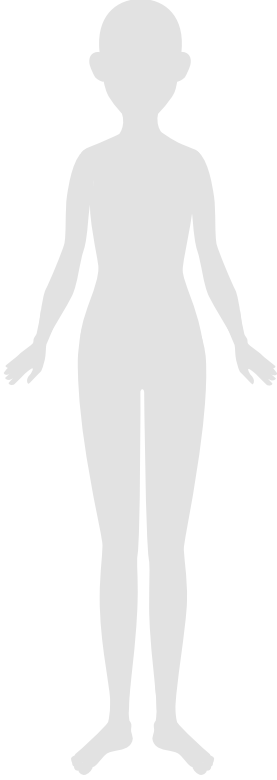
Endometriosis Support Hull

SYMPTOM TRACKER








- Energy 
- Activity 
- Sleep 
- Menstrual Flow 
- Water Works 
- Bowels 

Date:										Day in cycle:		Notes:
0	1	2	3	4	5	6	7	8	9	10		

Pain Level/Area

1		1
2		2
3		3
4		4
5		5
6		6
7		7
8		8
9		9
10		10

How do you feel today?

Notes:

Meals & Drinks

Breakfast:

Lunch:

Tea:

Snacks:

Time	Symptoms

Pain Relief Taken/Other Methods Used;

Notes;