

Women's Wellness Journal

Track sleep, energy, symptoms, cycles, context, and questions for an appointment.

This journal helps you notice and communicate patterns. It does not diagnose a condition or replace medical care. Seek urgent care for emergency symptoms or if something feels seriously wrong.

Week of	Cycle day / life stage	Medicines & supplements
_____	_____	_____
—	—	—

Day	Sleep	Energy 1–5	Mood 1–5	Symptoms / context
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Patterns, Not Diagnoses

Bring useful observations and questions to an appropriately qualified professional.

Symptoms or changes I noticed

What may have affected the week

☐ Cycle or postpartum change

☐ Illness

☐ Stress

☐ Travel

☐ Sleep disruption

☐ Food or hydration change

☐ Movement

☐ Medication or supplement change

Questions for an appointment

Appointment Notes

Write the answer in your own words and ask for clarification when needed.

What possibilities are being considered?

What evidence, benefits, risks, and alternatives should I understand?

What changes mean I should call back or seek urgent care?

Follow-up plan
