



Your symptom tracker

One week. Notice your own pattern. Then walk in prepared.

This week	M	T	W	T	F	S	S
Hot flashes (count)							
Night sweats							
Sleep (1 = poor, 5 = great)							
Mood / irritability							
Brain fog							
Energy (1 to 5)							
Period today?							

Before your appointment, jot down:

- ☐ How long you have noticed these changes
- ☐ Roughly how many hot flashes on your worst day
- ☐ What seems to make them worse (stress, heat, alcohol, sleep)
- ☐ Your last three period start dates
- ☐ The questions you most want answered

You're not imagining it. It has a name, and a pattern you can see.

Ember is coming: a private, on-your-phone way to do all of this in one tap. ember.inovsea.com

A personal tracker, not medical advice. It does not diagnose or treat. Always talk to your doctor.