

# POSTPARTUM HORMONAL SHIFT TRACKER

Month: Weeks Postpartum:

SYMPTOM / DAY	M	T	W	T	F	S	S
Mood Swings / Irritability							
Night Sweats / Hot Flashes							
Fatigue (Beyond Sleep Loss)							
Anxiety / Intrusive Thoughts							
Insomnia (Difficulty falling asleep)							
Hair Loss / Skin Changes							
Brain Fog / Concentration							
Appetite Changes							

SYMPTOM / DAY	M	T	W	T	F	S	S
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Libido Shift

Scale: 0 (None) - 1 (Mild) - 2 (Moderate) - 3 (Severe)

WEEKLY OBSERVATIONS & TRIGGERS