

Endometriosis Health Tracker

For _____ S M T W T F S

Morning Evening

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Exercise _____

Pain Relief Methods Tried _____

Sleep 😊 😐 😞

Pain

☹️ How Severe is the pain? ☹️

1 2 3 4 5 6 7 8 9 10

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Here's Where it Hurts



Medication? _____

Did the Medication Help? _____

(10 Being The Worse)

1 2 3 4 5 6 7 8 9 10

Depression/ Anxiety

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Other Symptoms...

Pain During Sex

Constipation

Nausea

Cramping

Fatigue

Notes: