

The
**30-Day
Fibroid
Symptom
Tracker™**

S	M	T	W	T	F	S
	✓		✓		✓	
✓		✓		✓		✓
	✓		✓		✓	

Track. Understand. Take Control.
One Day at a Time.

A SIMPLE DAILY TRACKER FOR WOMEN WITH FIBROIDS

THE 30-DAY FIBROID SYMPTOM TRACKER™

Table of Contents

Introduction

Week 1: Awareness

- Understanding Why Tracking Matters
- Establishing Your Baseline
- Daily Tracking Pages (Days 1–7)

Week 2: Pattern Recognition

- Identifying Symptom Trends
- Trigger Identification
- Daily Tracking Pages (Days 8–14)

Week 3: Progress Monitoring

- Evaluating Treatment Response
- Lifestyle Tracking
- Daily Tracking Pages (Days 15–21)

Treatment Response Worksheet

Week 4: Taking Control

- Understanding Your Data
- Preparing For Your Next Appointment
- Daily Tracking Pages (Days 22–30)

Monthly Fibroid Wellness Score™

Doctor Discussion Planner™

Next Steps Action Plan™

Final Thoughts

Introduction

Why This Tracker Could Change Everything

Most women know they have symptoms.

Very few women understand their symptoms.

And that distinction matters.

Think about the last time you visited a doctor.

Perhaps you were asked questions like:

- How severe is your pain?
- How heavy is your bleeding?
- How often do you feel tired?
- When did the symptoms start?

You probably answered from memory.

The problem?

Memory is often inaccurate.

Most of us remember the worst day.

Or the most recent day.

Rarely the average day.

This means important information is often lost.

That's where symptom tracking becomes powerful.

This tracker helps you become an expert on your own body.

Not because you're replacing your doctor.

But because you're providing your doctor with better information.

Over the next 30 days you'll learn:

- ✓ Which symptoms affect you most
- ✓ Which symptoms are improving
- ✓ Which symptoms are worsening
- ✓ What triggers symptom flare-ups
- ✓ How treatments are affecting you
- ✓ What questions you should ask at future appointments

By the end of this month, you'll likely know more about your symptoms than ever before.

And that knowledge creates confidence.

Week 1: Awareness

The Goal Of Week 1

Most women immediately jump into fixing symptoms.

But before you can improve something, you must first understand it.

Imagine trying to lose weight without stepping on a scale.

Or trying to save money without checking your bank account.

You wouldn't know where you stand.

The same principle applies to fibroids.

Week 1 is about establishing your baseline.

In simple terms:

Where are you today?

No judgment.

No conclusions.

No panic.

Just observation.

Becoming A Detective

For the next seven days, imagine you're a detective investigating your own health.

Your job isn't to solve anything.

Your job is simply to notice.

Pay attention to:

Bleeding

How heavy is it?

Pain

Where is it located?

Energy

Do you feel exhausted or energized?

Mood

How are you feeling emotionally?

Sleep

Are you waking up rested?

The more observations you make, the more valuable your data becomes.

Common Discoveries During Week 1

Many women are surprised by what they discover.

For example:

They realize:

- Their pain is worse than they thought.
- Their energy is lower than they realized.
- Their bleeding is more disruptive than they admitted.
- Their symptoms are affecting daily life more than expected.

This awareness is not bad news.

It's useful information.

Daily Tracking Page

Day ____

Date

Bleeding Level (0–10)

What Does This Mean?

0 = No bleeding

2 = Very light spotting

5 = Moderate flow

8 = Heavy bleeding requiring frequent pad changes

10 = Extremely heavy bleeding significantly disrupting daily life

Today's Score:

Pain Level (0–10)

Pain can vary dramatically.

Examples include:

- Pelvic pain
- Lower abdominal pain
- Lower back pain
- Menstrual cramps

Today's Score:

Energy Level (0–10)

Energy is one of the most overlooked symptoms.

Many women assume fatigue is normal.

It isn't always.

0 = Completely exhausted

10 = Full energy

Today's Score:

Bloating Level (0–10)

How swollen or uncomfortable do you feel?

0 = No bloating

10 = Severe bloating affecting comfort and clothing

Today's Score:

Mood Level (0–10)

Fibroids don't only affect the body.

They affect emotions too.

Rate your overall mood.

Today's Score:

Sleep Quality (0–10)

How well did you sleep?

Did symptoms wake you up?

Did pain affect rest?

Today's Score:

Frequent Urination

- Yes
- No

Medications Taken

List all medications and supplements.

Notes

Record anything unusual.

Examples:

- Severe cramps
 - Large blood clots
 - Missed medication
 - Stressful day
 - New symptoms
-
-
-

END OF WEEK 1 REFLECTION

Congratulations.

You've completed your first week.

Now let's reflect.

Reflection Question #1

What symptom affected me most this week?

Think carefully.

Not necessarily the symptom that appeared most often.

The one that affected your quality of life most.

Reflection Question #2

What surprised me?

Most women discover something unexpected.

Perhaps:

- Their fatigue is worse than expected.
- Their pain isn't as severe as they thought.
- Their symptoms follow patterns.

Write down your observations.

Reflection Question #3

What concerns me most right now?

Be honest.

This tracker is for you.

Reflection Question #4

What would I most like to improve?

Imagine one symptom disappearing tomorrow.

Which would you choose?

Week 2: Pattern Recognition

Why Patterns Matter More Than Individual Symptoms

One bad day doesn't tell the whole story.

One good day doesn't tell the whole story either.

The real value of tracking comes from identifying patterns over time.

Think of your symptoms like pieces of a puzzle.

A single piece doesn't reveal much.

But when enough pieces come together, a picture starts to emerge.

That's exactly what we're trying to do in Week 2.

We're looking for connections.

Relationships.

Triggers.

And trends.

The Hidden Trigger Principle™

Many women assume their symptoms occur randomly.

Often they don't.

Fibroid symptoms are frequently influenced by other factors.

Examples include:

Stress

Work deadlines.

Family issues.

Financial concerns.

Emotional pressure.

Poor Sleep

Late nights.

Interrupted sleep.

Insomnia.

Frequent nighttime urination.

Menstrual Cycle Timing

Many women experience:

- Increased pain before menstruation
- Increased fatigue during menstruation
- Improved energy afterward

Physical Activity Levels

Some women feel better with regular movement.

Others notice discomfort after prolonged activity.

Dietary Patterns

While food doesn't cause fibroids, some women notice:

- Increased bloating after certain meals
- Reduced energy when meals are skipped
- Better wellbeing when hydration improves

Trigger Tracking Worksheet™

For the next seven days, pay attention to possible triggers.

Physical Triggers

- Poor sleep
- Dehydration
- Missed medication
- Long periods of standing
- Heavy lifting
- Menstrual cycle changes
- Illness

Emotional Triggers

- Work stress
- Family stress
- Relationship stress
- Anxiety
- Major life events

Lifestyle Triggers

- Skipped meals
- Excess caffeine
- Lack of exercise
- Travel

- Alcohol consumption

My Personal Observations

What To Do When You Notice A Pattern

Many women make the mistake of immediately jumping to conclusions.

For example:

"I had pain after drinking coffee. Coffee must be causing my fibroids."

Not necessarily.

One observation isn't enough.

Instead:

Observe.

Record.

Look for repeated patterns.

Repeated patterns are more useful than isolated events.

Weekly Symptom Trend Review™

At the end of each day, ask:

Was today better than yesterday?

Yes

No

About the Same

What symptom affected me most today?

What seemed to improve my symptoms?

What seemed to worsen my symptoms?

End Of Week 2 Reflection

Now that you've completed two weeks of tracking, take a step back.

Look at the bigger picture.

Reflection Question #1

What patterns have I noticed?

Reflection Question #2

Which symptom appears most often?

Reflection Question #3

Which symptom affects my life most?

Reflection Question #4

What information would be useful to discuss with my doctor?

Week 3: Progress Monitoring

Is Anything Actually Improving?

This is one of the most important questions in the entire guide.

Many women begin treatment but never formally evaluate whether it's helping.

Why?

Because improvement can be gradual.

When changes happen slowly, they're easy to miss.

Tracking helps solve that problem.

The Progress Monitoring Mindset™

This week, your job is to become an observer.

Not a critic.

Not a worrier.

An observer.

Ask:

Is my pain changing?

Is my bleeding changing?

Is my energy changing?

Is my quality of life changing?

Treatment Response Worksheet™

Current Treatment Plan

Start Date

Medications

Supplements

Lifestyle Changes

Positive Changes I've Noticed

Challenges I've Experienced

Side Effects I've Experienced

The Fibroid Progress Score™

Rate each area today:

Pain

____ /10

Bleeding

____ /10

Energy

____ /10

Mood

____ /10

Sleep

____ /10

Overall Wellbeing

____ /10

Now compare these scores with Week 1.

Have things improved?

Stayed the same?

Worsened?

This comparison often reveals important trends.

End Of Week 3 Reflection

Biggest Improvement

Biggest Challenge

Most Important Question For My Doctor

My Current Confidence Level

____ /10

Week 4: Taking Control

Turning Information Into Action

You've now collected nearly a month's worth of data.

That's powerful.

Most women never track their symptoms this consistently.

Which means you're now in a much stronger position to make informed decisions.

This week is about transforming information into action.

Understanding Your Data™

Review your tracking pages.

Look for:

Most Frequent Symptom

Most Severe Symptom

Most Disruptive Symptom

Strongest Trigger

Biggest Improvement

Biggest Ongoing Concern

Monthly Fibroid Wellness Score™

Rate each area from 1–10.

Bleeding

Pain

Energy

Mood

Sleep

Confidence

Productivity

Quality Of Life

Overall Wellbeing

Doctor Discussion Planner™

Bring this section to your next appointment.

Symptoms I Need To Discuss

Questions I Need Answered

1.

2.

3.

4.

5.

Treatment Options I Want To Understand Better

My Biggest Concern

Next Steps Action Plan™

My Most Important Health Goal

My Next Appointment Date

The One Change I Want Most

The First Action I'll Take

Final Thoughts

If you've completed all 30 days, you've accomplished something important.

You've stopped guessing.

You've stopped relying solely on memory.

You've created a clear picture of your symptoms.

And that's valuable.

Remember:

Tracking isn't about perfection.

Tracking isn't about obsessing over symptoms.

Tracking is about awareness.

Awareness leads to understanding.

Understanding leads to confidence.

And confidence leads to better decisions.