

Trigger Tracker Template

You've got to track your symptoms in order to get the information you need to work out what your triggers are.

Once you know what's triggering your symptom you can then focus on managing or eliminating the trigger.

Date:

Time:

Symptom:

What were you doing, eating, drinking, feeling before the hot flush / night sweat / mood swing / anxiety / energy crash / brain fog?

This is a super simple but effective tool to pinpoint the triggers for your symptoms and to track their reduction.