

Hot Flash Diary - Weekly

It can be helpful to document your hot flashes. In the diary, please fill in the number of hot flashes experienced under each category. When you have finished the diary, bring it to your doctor or nurse for discussion.

Notes:

- One day should be considered a 24 hour period (e.g., 7:00 a.m. to 7:00 a.m. or midnight to midnight).
- You decide if a hot flash is mild, moderate or severe.

Date Week Started: _____
DD MM YY

DAY	SEVERITY OF HOT FLASHES				TOTAL NUMBER OF HOT FLASHES	COMMENTS
	Mild	Moderate	Severe	Very Severe		
1						
2						
3						
4						
5						
6						
7						