

MY PCOS WEEKLY JOURNAL Date

Use this journal template to record key health information from your week.

Next appointment

Upcoming lab work

Menstrual tracker

Flow
(Spotting, light, heavy)

Notes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Inofolic tracker

Check ✓
when taken

Notes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Recommended dose: 2 softgel capsules/day. Inofolic® needs to be taken for a minimum of 3 months. Find our 3-month pack on Amazon.

Health eating goals

My goal this week is to...

End of week check in:
how do I feel about my eating goals this week?

Exercise tracker

Fill in a bubble for each day you completed 30 min of exercise

Notes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Signs tracker

Check off any you experienced this week

Excess hair growth on face, stomach, back

Acne (pimples)

Small pieces of excess skin on the neck or armpits (skin tags)

Weight gain, especially around the belly (abdomen)

Thinning hair on top of the scalp

Oily skin

Dark or thick skin patches on the back of the neck, in the armpits, and under the breasts

Symptoms tracker

Check off any you experienced this week

Unpredictable periods (more or less often than monthly)

Periods with heavy or light bleeding

Problems sleeping

No periods or less than 8 periods per year

Putting on weight (unusual rapid weight gain, particularly in the abdominal area)

Difficulties in getting pregnant

Problems during your pregnancy (such as miscarriage, gestational diabetes, high blood pressure, preterm birth, and cesarean section delivery)

MY PCOS JOURNAL: MONTHLY CHECK-IN

Date

Use this journal template to reflect on the month with PCOS

This month, some goals I was able to achieve were...

This month, some goals that needed work were...

Overall I felt my symptoms this month were:

In control

Improving

Same as previous month

Getting worse

Out of control

What symptoms did I have most this month?

Overall, my mental health this month was ...

Am I checking in with a health care provider this month?

What questions do I have for them?

Other reflections

Want to keep track of your symptoms online?

Check out the symptoms checker at inofolic.com/symptom-checker



inofolic.