## ENDOMETRIOSIS 3-MONTH TRACKER

Use this weekly tracker for the next 3 months to chart your symptoms.
Then, bring it to your follow-up appointment and share with your doctor.
Beginning on: $\qquad$

1. Mark the week(s) during which your period occurs.

| 13-week time frame | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 | Week 13 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |

2. Indicate how many times each week you experienced the following because of endometriosis pain:

|  | 13-WEEK TIME FRAME |  |  |  |  |  |  |  |  |  |  |  |  | TOTAL WEEKS |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | $\text { Week } 9$ | Week 10 | Week 11 | Week 12 | Week 13 |  |
| I missed work and/or school |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| I missed a family and/or social event |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| My work and/or school performance was affected |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| My exercise and/or activities were affected |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| I didn't interact with my family as I wanted to |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| I didn't have sex |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| I didn't enjoy sex |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| I didn't sleep as well as I wanted to |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

3 During the 3-month time frame, when did you experience pain? (mark all that apply)
$\square$ During your period
$\square$ Not during your period
$\square$ During sexOther (specify): $\qquad$

