



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: ____/____/____

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
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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	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)

- During your period
 Not during your period
 During sex
 Other (specify): _____