

Personal Hot Flash Diary - Week 1

Date: _____

Day of the Week: _____

Mild = 1 point
Moderate = 2 points
Severe = 3 points
Very Severe = 4 points

Time of Day	Severity of Hot Flash (Mild, Moderate, Severe or Very Severe)	Points	Activity During Hot Flash

Number of daily hot flashes: _____

Average intensity: _____

Note on occurrences: _____