

Your 7-day hot-flash log

Sheet 1 of 4. Choose dates that are useful to you and your clinician.

Week / dates: _____

Mild: hot without sweating. **Moderate:** hot and sweating, but able to continue.

Severe: hot and sweating enough to interrupt what you are doing.

Count moderate or severe daytime flashes **within** the daytime total, not in addition to it. Keep night awakenings separate. Write 0 for an observed day or night with none; leave an unrecorded day or night blank.

Date	Daytime flashes (all)	Of those: moderate or severe	Night sweats that woke you	Notes / other changes
Day 1 _____				
Day 2 _____				
Day 3 _____				
Day 4 _____				
Day 5 _____				
Day 6 _____				
Day 7 _____				

Average = recorded total divided by days or nights actually recorded.

Measure	Recorded total	Days / nights recorded	Average
Daytime flashes (all)			
Moderate / severe daytime			
Night awakenings from sweats			

Example: 8 and 6 flashes on two recorded days average 7 per day. Five missing days are not zeros. With no recorded days, an average cannot be calculated.

Do not delay care or change treatment to complete this sheet. Fill it on paper or keep a local copy; no answers are sent to The HRT Index.

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Sheet 2 of 4. Choose dates that are useful to you and your clinician.

Week / dates: _____

Mild: hot without sweating. **Moderate:** hot and sweating, but able to continue.

Severe: hot and sweating enough to interrupt what you are doing.

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Day 1 _____				
Day 2 _____				
Day 3 _____				
Day 4 _____				
Day 5 _____				
Day 6 _____				
Day 7 _____				

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Sheet 3 of 4. Choose dates that are useful to you and your clinician.

Week / dates: _____

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Date	Daytime flashes (all)	Of those: moderate or severe	Night sweats that woke you	Notes / other changes
Day 1 _____				
Day 2 _____				
Day 3 _____				
Day 4 _____				
Day 5 _____				
Day 6 _____				
Day 7 _____				

Average = recorded total divided by days or nights actually recorded.

Measure	Recorded total	Days / nights recorded	Average
Daytime flashes (all)			
Moderate / severe daytime			
Night awakenings from sweats			

Example: 8 and 6 flashes on two recorded days average 7 per day. Five missing days are not zeros. With no recorded days, an average cannot be calculated.

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Your 7-day hot-flash log

Sheet 4 of 4. Choose dates that are useful to you and your clinician.

Week / dates: _____

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Severe: hot and sweating enough to interrupt what you are doing.

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Date	Daytime flashes (all)	Of those: moderate or severe	Night sweats that woke you	Notes / other changes
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Day 2 _____				
Day 3 _____				
Day 4 _____				
Day 5 _____				
Day 6 _____				
Day 7 _____				

Average = recorded total divided by days or nights actually recorded.

Measure	Recorded total	Days / nights recorded	Average
Daytime flashes (all)			
Moderate / severe daytime			
Night awakenings from sweats			

Example: 8 and 6 flashes on two recorded days average 7 per day. Five missing days are not zeros. With no recorded days, an average cannot be calculated.

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Questions for your clinician

Bring the parts of this record you are comfortable sharing. No identifying details are required.

Compare two recorded weeks

Earlier dates: _____ Later dates: _____

Average per recorded day / night	Earlier week	Later week
Daytime flashes (all)		
Moderate / severe daytime flashes		
Night awakenings from sweats		

Questions for my clinician or pharmacist

1. _____
2. _____
3. _____
4. _____
5. _____

Medicines and supplements I take

Include nonprescription products. Use the label for amount and timing; do not change either based on this worksheet.

Product / medicine	Amount / timing on my label	Question or note

Source for symptom descriptions: Lederman et al., Maturitas 2026;211:109023. This original worksheet is not HFRDIS, MENQOL, PROMIS or another clinical questionnaire. Prepared October 16, 2026.