

Menopause & HRT Tracker

Quick Start | Google Sheets edition | v1.1

Your notes. Your patterns. Your next appointment.

This is an English-language personal record-keeping template. It helps you organise what you record and prepare questions for a healthcare professional. It does not diagnose a condition, assess HRT suitability, recommend a dose, or establish whether treatment works.

1. Make your own copy

Open [Menopause-HRT-Tracker-Google-Sheets-link.pdf](#), then select **Make my copy**. Sign in to the Google account where you want to keep the tracker. A free Google account is sufficient.

On a phone, open the link in Safari or Chrome. If it opens a shop's in-app browser, use Open in browser. After copying, find your copy in Google Drive or the Google Sheets app.

Before entering personal information, open **Share** and check that **General access is Restricted**. Also check who is listed as having access. Your organisation's Google Workspace policies can affect sharing.

The template includes fictional sample entries. The seller does not receive your entries automatically. Google stores and processes your copy under your account settings and its policies.

2. Clear the fictional examples first

While online, open **Setup** and tick **B19**. Read the status immediately below it: **Examples cleared. Ready for your own records**. The checkbox resets itself. This route does not need a Google authorization screen. Wait for confirmation before entering your records.

The optional desktop **Menopause Tracker** menu can trigger Google's unverified-app authorization warning. You do not need to bypass that warning: cancel and use Setup B19 to clear examples, B16 for colours, or the manual steps below. Ordinary data entry and formulas also work without menu authorization.

The control only clears the original, unchanged sample cells. If you have already changed those cells, it refuses to delete them. It also refuses a second clear. Keep any personal entries and clear only the remaining fictional values manually.

Manual ranges if the online control is unavailable:

Tab	Example input cells only
Setup	B3:B14
Daily Log	A2:X29
Cycle Log	A2:E4
HRT Change Log	A2:G3

Clear **contents**, never delete rows. Preserve headers, Daily Log Y:AB, Cycle Log F:K, and the hidden Config tab. Do not clear these ranges blindly after you have started using them.

3. Fill in Setup

Record the details you wish to keep: stage, HRT status, treatment details already agreed with your clinician, start date, other medicines, last visit date and your three main questions. These fields are optional.

Choose a colour in **Setup B16**: Warm Sand or Sage. While online, allow a few seconds for the change. The desktop menu offers the same options. In B17 you can record your weight unit if you use the optional weight field.

4. Record a day

Use one row per date in **Daily Log**. Enter an actual date, such as **10 Sep 2026**. Do not use a TODAY() formula for personal entries: it changes tomorrow.

Field	How to use it
Symptoms	0 none, 1 mild, 2 moderate, 3 severe. Leave a cell blank if not recorded.
Energy	Separate scale: 0 exhausted, 3 great. Never added to the symptom total.
Context checkboxes	Optional observations such as caffeine or poor sleep; these do not establish a cause.
Treatment status	Taken or used as scheduled / Scheduled but missed / Not scheduled.
Weight and notes	Optional. Keep a consistent weight unit.

A partial symptom entry is allowed. **The total appears only when all 13 symptoms are scored** on a valid day. It is a simple personal sum, not a validated clinical score.

Red date cells indicate invalid or duplicate dates. Orange indicates symptom entries without a date. Invalid scores are highlighted. Correct these entries; duplicate-date rows and invalid symptom rows are excluded from symptom summaries.

Only a unique, valid date today or earlier is included. Energy-only rows do not count as symptom days. Keep entries within the prepared 999 input rows (rows 2-1000); added rows are not automatically included.

5. Understand the views

Symptom Heatmap: the past 35 calendar days. Blank means not recorded, and zero is an actual recorded score. A legend explains the four colours.

Trends: 30-, 60- and 90-day averages of the scores actually entered. Two separate charts show the complete symptom total and energy, each on its own labelled scale. Partial days have no total.

Rankings: a symptom needs at least seven entries in the past 30 days to be ranked. The report shows its entry count. Zero averages are not ranked.

Before/after HRT change: compares recorded scores in the 30 days before the latest recorded change with the change date and following 29 days, up to today. Each symptom needs seven entries on each side. Future changes are ignored.

Since last visit: needs a recorded visit date and seven entries for the individual symptom in each comparison period. Lower and higher mean only the recorded average changed, not a treatment outcome.

The seven-entry rule is a minimum display requirement, **not a guarantee of medical reliability**. Different symptoms may have been recorded on different days.

Treatment completion: completed scheduled days divided by completed plus missed scheduled days. Blank and Not scheduled days are excluded. It counts **days, not individual doses** and does not verify adherence to a prescription. If only some of a day's scheduled treatment was completed, add details in Notes.

Cycle Log: enter period starts in any order. The intervals use chronological unique dates, and the average uses the latest six available intervals. This is a historical record, not a fertility or cycle prediction.

6. Prepare a report

Open **Doctor Visit Summary** and review the entries. Select **A1:D45**, then **File > Print > Selected cells > Portrait > Fit to page**. Choose A4 or Letter. Check the preview before saving as PDF or printing.

Long personal notes can exceed the available space. Shorten them or bring a separate Notes printout. Share the report only with people you choose.

Phone and computer use

Initial setup and printing are easiest on a computer. In the iPhone/iPad or Android Google Sheets app, enter dates and scores in Daily Log and swipe horizontally; the date column stays frozen. Use a larger screen for full charts.

Custom desktop menus may be unavailable in mobile apps. Use the online controls in Setup; if they do not update, reopen your copy in a desktop browser and retry. Native iOS/Android app behaviour has not been certified across all versions.

Google Sheets only: no Excel/Numbers file, native standalone app, video course, clinician consultation, reminders or diagnosis is included.

Help, updates and privacy

If a formula shows an error, avoid deleting more rows. Use Google Sheets Undo or version history, or start a fresh copy and transfer your input cells carefully. Contact contact@randuit.com, or message **RanduitStudio** for Etsy orders. Send a description or redacted screenshot, not medical records. No response-time guarantee is included.

An update, if released, is a separate template copy. It does not automatically migrate or overwrite your existing records. Keep a backup before transferring entries.

Personal use: you may make your own working and backup copies and share a completed report with your clinician. Do not resell or redistribute the template or its copy link.

Randuit | Version 1.1 | September 2026