



# Symptom Tracker

Start understanding your Body, Patterns and Signals



The Unique Holistic Approach <sup>TM</sup>

[www.fibroidqueen.com](http://www.fibroidqueen.com)

# How to use this tracker

Use this tracker daily or a few times per week

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You are not looking for perfection, you are looking for **patterns**

- ✦ Identify symptom trends
- ✦ Understand what may be triggering the flare-ups
- ✦ Recognise how your lifestyle affects your body
- ✦ Build **awareness** before making changes

**Awareness creates direction**

# Daily Check-In

## Symptoms

1 2 3 4 5

Bloating

Pelvic pressure

Pain / cramping

Heavy Bleeding

Fatigue

## Energy

Low  Medium  High

## Mood

Calm  Stressed  Tired

## Digestion

Bowel movement?  Yes  No

Any Bloating?  Yes  No

## Stress level

1 2 3 4 5

How regulated did you feel?

# Why this matters

Tracking is the first step.  
But **awareness** alone is not the full  
strategy

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Cellular nutrition



Functional labwork



**The Unique  
Holistic  
Approach**



Emotional regrounding

Womb Wellness Workouts



FIBROID QUEEN™

# Ready to go deeper?

If this tracker helped you start connecting the dots...

The **Unique Holistic Program** helps you:

✦ Interpret your patterns

✦ Understand your labs

✦ Support your hormones

✦ Create a personalized strategy

[Visit our website to learn more](#)

