



# MenoPause Symptom Tracker

The Menopause Foundation of Canada's MenoPause Symptom Tracker makes it easy to track your symptoms, share them with your health care provider, and have a conversation about getting the help you need!

**Sign up to join the Menopause Foundation of Canada's mailing list and you'll receive immediate access to the MenoPause Symptom Tracker. It's free to join and you can unsubscribe at any time.**

**[MenopauseFoundationCanada.ca/MPS](https://MenopauseFoundationCanada.ca/MPS)**

