

Your Menopause & HRT Tracker

Google Sheets edition | Randuit | v1.1

Your notes. Your patterns. Your next appointment.

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Sign in to your Google account, then choose **Make a copy**. A free account is sufficient. Your new file will be stored in your Google Drive.

On a phone, open the link in Safari or Chrome, then use your copy in the Google Sheets app. Initial setup is easiest on a computer.

Before you enter personal information

1. In your copy, check **Share > General access > Restricted** and the people who have access.
2. While online, tick **Setup B19** to clear unchanged fictional examples. Wait for **Examples cleared** before entering your own records. No menu authorization is needed.
3. Read **Menopause-HRT-Tracker-Quick-Start.pdf** for the manual alternative, scoring, colours and printing. Cancel any optional menu authorization warning and use Setup instead.

Included in your download

- This access-link PDF for the 9-tab Google Sheets tracker.
- Quick Start PDF with instructions and troubleshooting.
- Appointment Prep Checklist PDF.
- Warm Sand and Sage colours within the same tracker.

Google Sheets only. No Excel or Numbers file, physical item, standalone phone app, video course, consultation or medical assessment is included. The prepared template holds 999 daily entries.

This is a personal organisational tool. It does not diagnose a condition, recommend treatment, assess HRT suitability or establish whether a treatment works. Discuss health and treatment questions with a qualified healthcare professional.

Need help?

contact@randuit.com | For Etsy orders: message **RanduitStudio**.

Please describe the issue without sending medical records. Keep the template and copy link for personal use; you may share your completed report with your clinician, but may not resell or redistribute the template.

Randuit | v1.1 | September 2026