

Perimenopause Symptom Checklist

Tick what you've felt this week. Seeing a pattern? You're not imagining it.

Physical

- Hot flashes
- Night sweats
- Fatigue
- Headaches
- Joint / muscle pain
- Palpitations
- Weight changes

Sleep & mind

- Sleep problems
- Brain fog
- Memory lapses
- Trouble concentrating

Mood

- Mood swings
- Anxiety
- Irritability
- Low mood

Other

- Vaginal dryness
- Low libido
- Dizziness
- Skin / hair changes

Quick 7-day check (write 0 = none to 5 = severe)

	M	T	W	T	F	S	S
Hot flashes							
Night sweats							
Sleep							
Mood							
Brain fog							

Get the full Perimenopause & Menopause Tracker

Auto-charts your symptoms, logs HRT & triggers, and builds a one-page Doctor Visit Summary. Google Sheets + Excel + printable PDF.

<https://5063215777303.gumroad.com/l/perimenopause-menopause-tracker>

Personal tracking aid, not medical or veterinary advice. It supports — not replaces — your professional.