

PERI-MENOPAUSE SYMPTOMS TRACKER

If you think you're in peri-menopause, or know you are but are struggling with what you're experiencing, you may find it useful to keep a log of your symptoms for at least a month. You can use this tracker to make a note of how often & at what times of the month.

This will be extremely useful to take to your GP or specialist when seeking support.

It can also be helpful to think about whether you experience lesser or more severe symptoms in relation to the type of food or drink you've consumed, and how much exercise you've done – see if you notice any patterns.

SYMPTOM	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER NOTES
CHANGES TO PERIODS					
ANXIETY					
BRAIN FOG					
LOSING WORDS & THINGS					
CLUMSINESS					
HOT FLUSHES					

NIGHT SWEATS					
DIFFICULTY SLEEPING / INSOMNIA					
REDUCED SEX DRIVE (LIBIDO)					
VAGINAL DRYNESS (VAGINAL ATROPHY)					
LOSS OF CONFIDENCE / REDUCED SELF ESTEEM					
MOOD CHANGES / SWINGS - LOW MOOD / ANXIETY / CRYING SPELLS					
DEPRESSION					
HEART PALPITATIONS					

LACK OF CONCENTRATION AND POOR MEMORY					
IRRITABILITY					
LOSS OF JOY					
FATIGUE / LACKING ENERGY					
PAINFUL & ACHING JOINTS / REDUCED MUSCLE MASS					
ITCHY SKIN OR HIVES					
INCREASED SENSITIVITY TO ALLERGIES / NEW ALLERGIES					
ACNE					

DRY / BURNING MOUTH					
BAD BREATH					
GUM DISEASE					
HAIR LOSS / THINNING HAIR					
WEIGHT GAIN					
FEELINGS OF NOT BEING YOURSELF					
FEELING LIKE YOU ARE GOING CRAZY					
EMOTIONAL OUTBURSTS					
BLOATING / FLUID RETENTION					

ANGER					
MIGRAINES INCLUDING OCULAR					

Please note: NICE guidelines on the menopause state that blood hormone tests alone are not indicated to diagnose menopause in women over 45 years of age who are experiencing menopause symptoms.

For further information see www.nice.org.uk/guidance/ng23

If you're interested in how 121 coaching can support you to thrive not survive your menopause transition,

get in touch with Laura at <https://www.marvellousmidlife.co.uk>

Women like you are coming away feeling more in control and back to themselves, with purpose and renewed sense of confidence.

