

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 | | | | | |

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|---|--|--|--|--|--|
| 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 | | | | | |

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| 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 | | | | | |

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|---|--|--|--|--|--|
| 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 | | | | | |

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|----------------------------------|--|--|--|--|--|
| 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.

