PERIMENOPAUSE
Symptom Checklist

Make a note of any of these symptoms in your diary every few days or when you remember. Keeping track can show how things may be changing over time.

Show these trends to your doctor or other health professional, so they can review and determine what your best treatment, diet and lifestyle options are.

Your cycle

- ◯ Less frequent periods
- ◯ Lighter or heavier periods
- ◯ Irregular periods
- ◯ Spotting between cycles
- ◯ Period cramps and/or pain

Your mood and focus

- ◯ Low mood
- ◯ Mood swings
- ◯ Anxiety
- ◯ Irritability
- ◯ Brain fog
- ◯ Poor concentration and/or memory
- ◯ More forgetful than usual

Other symptoms

- ◯ Breast pain and/or tenderness
- ◯ Headaches
- ◯ Midline weight gain
- ◯ Weight gain in general
- ◯ Low libido
- ◯ Fatigue
- ◯ Trouble sleeping
- ◯ Hot flushes
- ◯ Night sweats
- ◯ Vaginal dryness
- ◯ Dry skin
- ◯ Fluid retention
- ◯ Joint aches and/or pains
- ◯ Frozen shoulder
- ◯ Dizziness
- ◯ Tinnitus

Use this space to list other symptoms you may experience:

Notes