

Perimenopause/Menopause Symptom Tracker



The Wellness
Couch Co.

Your symptoms are real and deserve to be taken seriously. This checklist helps you clearly communicate what is happening in your body so you can have a productive, informed conversation with your GP.

Tick the boxes to show which symptoms are bothering you and bring along to your next medical appointment.

Symptom	Not at all	A little	Quite a bit	Extremely
Hot flushes (waves of heat)				
Night sweats				
Trouble sleeping				
Muscle and joint pain				
Heart beating quickly or strongly				
Brain fog (difficulty concentrating)				
Forgetfulness				
Less sexual desire				
Vaginal dryness (painful sex)				
Anxiety				
Mood changes (low mood/depressed)				
Irritability				
Tiredness / low energy				
Itchy or crawling skin				
Urinary (wee) problems				
Irregular periods				
Heavier periods / clotting				
Weight gain				

Notes for your appointment

What is Perimenopause?

The transitional phase leading up to menopause where hormones fluctuate and periods may become irregular.

What is Menopause?

Menopause is confirmed after 12 months without a menstrual period. The average age of menopause is 51-52.