

PERIMENOPAUSE SYMPTOM TRACKER

A gentle daily guide to understanding your body

[HolisticWellnessHub.com](https://www.holisticwellnesshub.com)

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How to Use This Tracker

Spend 30–60 seconds daily logging symptoms.
Review weekly and monthly patterns.

Daily Symptom Tracker

[illegible]

Symptom Severity Scale

- 0 None
- 1 Mild
- 2 Moderate
- 3 Severe

Monthly Symptom Checklist

Symptom	W1	W2	W3	W4
Hot flashes				
Night sweats				
Anxiety				
Fatigue				

Lifestyle & Trigger Log

Track caffeine, stress, hydration, and more.

Weekly Reflection

What symptoms were strongest? What helped?

Monthly Summary

Top symptoms, patterns, and improvements.

Cycle & Mood Graphs

Use this space to draw your patterns.

Notes & Observations

Write anything you notice about your body and emotions.