

Perimenopause Symptom Checklist

Holistic Wellness Hub | 34 symptoms to notice, track and share with your doctor

Use this once a month for 2 to 3 months and bring your pages to your appointment.

Name (optional)

Date

Age

Date of last period

Usual cycle (days)

How to use

Tick one box for each symptom, thinking about the past 4 weeks. None = not at all. Mild = noticeable. Moderate = affects your day. Severe = hard to cope with. There are no right or wrong answers.

A. Periods and cycle	None	Mild	Moderate	Severe
Periods closer together or further apart than usual	☐	☐	☐	☐
Cycle length changing by a week or more from month to month	☐	☐	☐	☐
Heavier bleeding or clots	☐	☐	☐	☐
Lighter periods or spotting	☐	☐	☐	☐
Skipped periods	☐	☐	☐	☐
Breast tenderness or bloating before periods	☐	☐	☐	☐

B. Hot flashes and temperature	None	Mild	Moderate	Severe
Hot flashes (sudden waves of heat)	☐	☐	☐	☐
Night sweats	☐	☐	☐	☐
Sudden chills	☐	☐	☐	☐

C. Sleep	None	Mild	Moderate	Severe
Trouble falling asleep	☐	☐	☐	☐
Waking several times in the night	☐	☐	☐	☐
Waking too early and unable to fall back asleep	☐	☐	☐	☐
Waking up unrefreshed	☐	☐	☐	☐

D. Mood and emotions	None	Mild	Moderate	Severe
Irritability or a shorter temper	☐	☐	☐	☐
Anxiety or constant worry	☐	☐	☐	☐
Low mood or sadness	☐	☐	☐	☐
Mood swings or tearfulness	☐	☐	☐	☐
Feeling overwhelmed	☐	☐	☐	☐

Reading your results

- Look for patterns over several weeks, not single bad days. Repeat this checklist monthly.
- A checklist cannot diagnose perimenopause. Symptoms overlap with thyroid problems, low iron, depression, anxiety and sleep apnoea, so ask your doctor or GP to check these too.
- Note your last period date and cycle length: changes of a week or more are often the earliest sign.
- Take both pages to your appointment. Written notes help you feel heard.

E. Thinking and memory	None	Mild	Moderate	Severe
Brain fog	☐	☐	☐	☐
Forgetting words or names	☐	☐	☐	☐
Trouble concentrating	☐	☐	☐	☐

F. Body and energy	None	Mild	Moderate	Severe
Joint aches or stiffness	☐	☐	☐	☐
Headaches or migraines	☐	☐	☐	☐
Racing or pounding heart (palpitations)	☐	☐	☐	☐
Fatigue or low energy	☐	☐	☐	☐
Weight gain around the middle	☐	☐	☐	☐
Bloating or digestive changes	☐	☐	☐	☐

G. Skin and hair	None	Mild	Moderate	Severe
Dry or itchy skin	☐	☐	☐	☐
Hair thinning or shedding	☐	☐	☐	☐

H. Vaginal, urinary and sexual health	None	Mild	Moderate	Severe
Vaginal dryness	☐	☐	☐	☐
Discomfort during intimacy	☐	☐	☐	☐
Lower sexual desire	☐	☐	☐	☐
Needing to urinate more often or more urgently	☐	☐	☐	☐
Leaking when you cough, laugh or sneeze	☐	☐	☐	☐

The 3 symptoms that bother me most

What makes them better or worse

Questions for my doctor or GP

See a doctor promptly if you notice

Very heavy bleeding (soaking a pad or tampon every hour), periods less than 21 days apart or lasting over 7 days, bleeding between periods or after 12 months with no period, symptoms before age 40, or mood that feels too heavy to cope with.

Chest pain, severe breathlessness or thoughts of harming yourself need urgent help: call your local emergency number.