

# PERIMENOPAUSE SYMPTOMS

# TRACKER



Nov 1, 2024 to May 31, 2025

SYMPTOMS	MILD	MODERATE	SEVERE
Hot flashes			
Night sweats			
Menstrual irregularities			
Heavy periods			
Heart palpitations			
High cholesterol / high triglycerides			
Visceral fat gain			
Weight gain			
Vaginal / Vulval dryness			
Vaginal / Vulval soreness			

SYMPTOMS	MILD	MODERATE	SEVERE
Painful sex			
Less Sexual Feelings			
Muscle/Joint Pain			
Irritability			
Fatigue/lack of energy			
Dry or itchy eyes			
Dry mouth			
Hair thinning / hair loss			
Eczema			
Dry skin			
Acne			
Bloating			
Digestive issues			

SYMPTOMS	MILD	MODERATE	SEVERE
Constipation			
Increased allergies			
Autoimmune (new or worsening)			
Asthma			
Osteoporosis			
Sarcopenia (muscle loss)			
Body odor			
Breast tenderness / soreness			
Oral health challenges			
Brittle nails			
Nonalcoholic fatty liver			
Feeling dizzy/faint			
Kidney stones			

SYMPTOMS	MILD	MODERATE	SEVERE
Insulin resistance			
Sleep disturbances			
Insomnia			
Difficulty concentrating			
Brain fog			
Migraines			
Mood swings			
Memory issues			
Anxiety			
Depression			
Loss of joy			
Loss of confidence			