SVARENE

Perimenopause symptom checklist

Name

Dates covered

How to use it: fill it in over a few weeks. Tick the symptoms you've had, circle how often, and circle how much each one bothers you (0 = not at all, 3 = a lot). Note roughly when it started.

	SYMPTOM	HOW OFTEN	BOTHERS ME	SINCE (MM/YY)
PERIODS AND CYCLE				
☐	Cycle length changing (periods closer together or further apart)	Rarely Weekly Daily	0 1 2 3	
☐	Skipped periods	Rarely Weekly Daily	0 1 2 3	
☐	Heavier periods	Rarely Weekly Daily	0 1 2 3	
☐	Lighter periods	Rarely Weekly Daily	0 1 2 3	
HOT FLASHES AND NIGHT SWEATS				
☐	Hot flashes during the day	Rarely Weekly Daily	0 1 2 3	
☐	Night sweats	Rarely Weekly Daily	0 1 2 3	
☐	Feeling dizzy or light-headed with a hot flash	Rarely Weekly Daily	0 1 2 3	
SLEEP				
☐	Trouble falling asleep	Rarely Weekly Daily	0 1 2 3	
☐	Waking in the night or too early	Rarely Weekly Daily	0 1 2 3	
MOOD, MEMORY AND FOCUS				
☐	Mood swings or irritability	Rarely Weekly Daily	0 1 2 3	
☐	Low mood	Rarely Weekly Daily	0 1 2 3	
☐	Anxiety	Rarely Weekly Daily	0 1 2 3	
☐	Forgetting words or things	Rarely Weekly Daily	0 1 2 3	
☐	Trouble concentrating (brain fog)	Rarely Weekly Daily	0 1 2 3	
BODY				
☐	Joint pain or muscle aches	Rarely Weekly Daily	0 1 2 3	
☐	Headaches or migraines worse than usual	Rarely Weekly Daily	0 1 2 3	
☐	Heart palpitations	Rarely Weekly Daily	0 1 2 3	
☐	Weight gain around the stomach	Rarely Weekly Daily	0 1 2 3	
☐	Hair thinning	Rarely Weekly Daily	0 1 2 3	
☐	Dry or itchy skin	Rarely Weekly Daily	0 1 2 3	
☐	Sensitive teeth or sore gums	Rarely Weekly Daily	0 1 2 3	
VAGINAL, BLADDER AND SEX				
☐	Vaginal dryness, itching or irritation	Rarely Weekly Daily	0 1 2 3	
☐	Pain during sex	Rarely Weekly Daily	0 1 2 3	
☐	Lower sex drive	Rarely Weekly Daily	0 1 2 3	
☐	Needing to pee more often or urgently	Rarely Weekly Daily	0 1 2 3	
☐	Leaking urine	Rarely Weekly Daily	0 1 2 3	
☐	More UTIs or UTI-like symptoms	Rarely Weekly Daily	0 1 2 3	

Anything else you've noticed? Add it on page 2.

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Cycle, treatments and questions

My last six periods

Start dates are easier to compare than impressions

START DATE	DAYS OF BLEEDING	FLOW (LIGHT / USUAL / HEAVY)	NOTES

Treatments, supplements and medicines

Include doses and dates

NAME AND DOSE	STARTED	STOPPED	DID IT HELP?

My top three symptoms

1

2

3

Questions for my appointment

1

2

3

How it affects my daily life

Work, sleep, relationships, exercise, mood at home

Anything else

DON'T WAIT TO MENTION THESE

- Very heavy bleeding
- Bleeding that lasts longer than 7 days
- Bleeding between periods
- Periods less than 21 days apart
- Any bleeding after 12 months without a period

If you feel very low or have thoughts of harming yourself, get help now: contact your doctor, your local emergency number, or a crisis line (call or text 988 in the US).