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.

SVARENE

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).