Your six month plan

One page. Four commitments. Filled in by you.

FOUR THINGS, NOT TWENTY

A plan you abandon is worse than a smaller plan you keep. Choose one item in each section, write it down, and put this somewhere you will see it.

1. My tracking

Keep the cycle tracker going. Three months of data is your diagnostic currency and it stays useful. What, and how will I remember?

2. My appointment

Book it if you have not. If you came away with nothing, book a review. Consider asking whether anyone at the practice has a specialist interest in menopause.

Date booked: _____ Prep sheet filled in? _____

3. My one movement commitment

Not a programme. One thing, specific, attached to an existing routine. Two sessions a week is the target, and starting with one you actually do beats three you plan.

4. My long game item

Choose one. The NHS Health Check if you are eligible. Vitamin D through the winter. Raising the genitourinary conversation if that applies to you.

Review this in

Perimenopause is not static, so your plan should not be either. What worked in your first year may not be what you need in your fourth.

Review date: _____

What to do when it changes

- If you started treatment, review it rather than assuming it is settled
- If you declined it, you are allowed to change your mind
- If your cycles change again, that is information worth recording
- Come back to the modules. They do not expire, and the parts that felt irrelevant may become relevant

> **THE THING WORTH REMEMBERING**
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> Understanding it does not make it disappear. But it changes it from something happening to you into something you can work with.

NOT MEDICAL ADVICE. Educational content only. Many symptoms have causes other than perimenopause, including thyroid disease, anaemia and diabetes. Please speak to your GP about anything that concerns you. · Module 5 · navigare-vela.com