Symptom tracker

Grouped by system, because that is how the pattern becomes visible.

Tick a column for each. The last column matters more than people expect, because a cluster of changes appearing in the same few months is what makes the pattern recognisable.

Head and mind

IN THE LAST MONTH	NONE	MILD	MOD	SEVERE	WHEN DID IT START?
Brain fog or fuzzy thinking					
Losing words mid sentence					
Anxiety that feels new					
Low mood or tearfulness					
Much shorter fuse than usual					

Sleep

IN THE LAST MONTH	NONE	MILD	MOD	SEVERE	WHEN DID IT START?
Waking at three and staying awake					
Trouble falling asleep					
Waking drenched					
Waking unrefreshed					

Body

IN THE LAST MONTH	NONE	MILD	MOD	SEVERE	WHEN DID IT START?
Hot flushes					
Aching or stiff joints, worse in the morning					
Heart racing or fluttering					
New or worse headaches					
Fatigue rest does not fix					
Hair thinning or drier skin					

Cycle and intimate health

IN THE LAST MONTH	NONE	MILD	MOD	SEVERE	WHEN DID IT START?
Periods closer together or further apart					
Much heavier or lighter bleeding					
Vaginal dryness					
Discomfort during sex					
Needing the loo more often or urgently					
Recurrent urinary infections					

> **MENTION THESE ONES OUT LOUD**
>
> Research into which symptoms actually predict a perimenopause diagnosis found that three of the eight strongest were urinary or genital. Those are precisely the ones women skip. If they apply to you, say them.

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.