

Perimenopause Symptom Tracker



Please try this tracker to help monitor your patterns and symptoms. This tool is intended to assist in the recording of symptoms only and should not be used as a diagnostic tool. Always discuss any of the below symptoms with a qualified health professional.

Name: _____ Month/Year: _____

Days of the cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40			
Date																																											
PHYSICAL SYMPTOMS (mark 1-3 according to severity) 1 = mild, 2 = moderate, 3 = severe																																											
Sleep disturbances																																											
Insomnia																																											
Hot flushes																																											
Night sweats																																											
Migraines																																											
Headaches																																											
Fatigue																																											
Vaginal dryness																																											
Breast pain																																											
Painful sex																																											
Weight gain																																											
Aching muscles																																											
Aching joints																																											
Hair thinning																																											
Hair loss																																											
Heart palpitations																																											
Other																																											
MOOD SYMPTOMS (mark 1-3 according to severity) 1 = mild, 2 = moderate, 3 = severe																																											
Anxiety																																											
Depression																																											
Irritability																																											
Poor memory																																											
Brain fog																																											
Low libido																																											
Temperature																																											
Other																																											



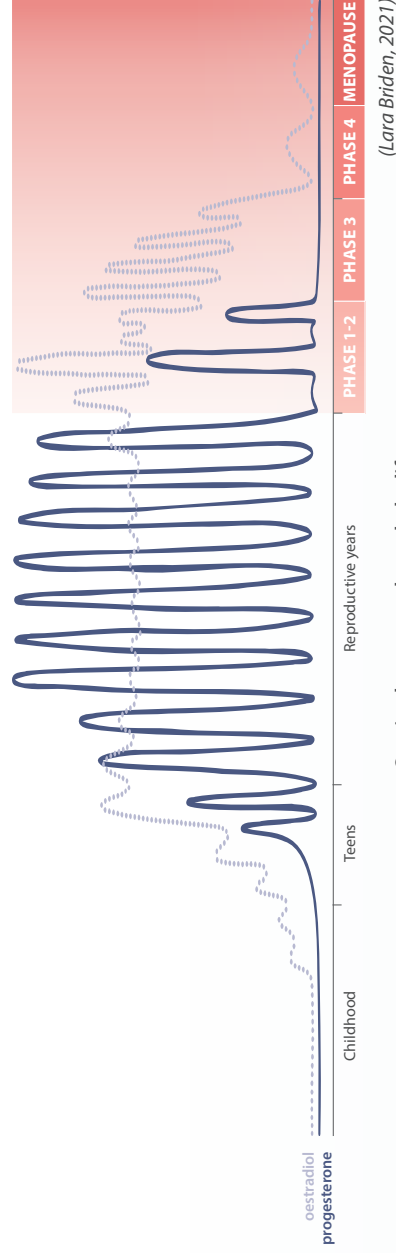
Tracking your temperature (within 2 decimal points and taken as soon as you wake) may help to identify ovulation or any potential changes to thyroid function.

References available on request.

The Hormonal Journey



Decoding the relationship between hormones and the transition process.



Ovarian hormones through the lifespan
(Lara Briden, 2021)

	PHASE 1	PHASE 2	PHASE 3	PHASE 4	MENOPAUSE
What's happening with your period	Very early perimenopause 2-5 years	Early menopause transition 3 years	Late menopause transition 3 years	Late perimenopause 1 year	(including complete hysterectomy, radiation or chemotherapy induced)
Hormonal changes across each phase	Regular periods with signs of change (see below).	Onset of irregular periods, cycles vary in length by 7 or more days.	Skipped periods, starts with 60 days without flow.	First cycle is longer than 60 days. From this point, it may be four years until menopause arrives.	The life phase that begins 1 year after your last period.
Symptoms that can follow	<ul style="list-style-type: none"> ↑ oestrogen, lowering progesterone. Unopposed oestrogen with spikes up to three times normal. ↑ Risk for heavier periods ↑ Period pain ↑ Migraines ↑ Sleep disturbances ↑ Mood dysregulation Brain modifications and a destabilised HPA axis cause energy deficits. ↑ oestrogen stimulates mast cells and histamine which can create anxiety, hives, hayfever and other symptoms. 	<ul style="list-style-type: none"> ↓ progesterone and high, fluctuating oestrogen - drops in oestrogen dive below the levels of the reproductive years Greater reductions in oestrogen trigger worsening hot flushes and night sweats. Hot flushes tend to occur just before, during or after menstruation. ↓ progesterone may cause heart palpitations and remodelling of the immune system which may leave women vulnerable to autoimmune diseases such as Hashimoto's thyroiditis. 	<ul style="list-style-type: none"> Progesterone no longer fluctuates, with oestrogen continuing to decline. Hot flushes and night sweats may intensify. Dropping oestrogen may cause irritability and depression. 	<ul style="list-style-type: none"> The beginning of the change to lower oestrogen, accompanied by fewer symptoms. Progesterone is flatlining. Uncomfortable symptoms begin to subside unless another period arrives. 	<ul style="list-style-type: none"> Low oestrogen and no progesterone. Oestrogen finally settles to its normal low. ↑ risk for insulin resistance and shifts in energy balance. Symptoms which may still be ahead: vaginal dryness, low libido, stress incontinence, urinary tract infections, prolapse, insomnia, hair loss, weight gain, memory loss and risk of osteoporosis and heart disease.