

MIDLIFE PAUSE CLARITY

Your Trusted Guide Through Perimenopause & Menopause

Perimenopause Symptom Clarity Checklist

Track Your Symptoms. Understand Your Body. Take Back Control.

If you've been feeling like your body is changing in ways that are hard to explain, this checklist is for you. Perimenopause can begin **8–10 years before your final period**, often starting in your early 40s — and the symptoms are frequently dismissed or misdiagnosed. Use this checklist to identify what you're experiencing, track patterns over time, and have an informed, confident conversation with your healthcare provider.

How to Use This Checklist

Check every symptom you have experienced in the **past 3 months**. Note the frequency (Occasional / Weekly / Daily) and severity (Mild / Moderate / Severe) in the columns provided. Bring this completed checklist to your next doctor's appointment.

■ SLEEP DISTURBANCES

Symptom	Frequency & Severity Notes
■ Difficulty falling asleep	Occasional / Weekly / Daily Mild / Moderate / Severe
■ Waking between 2–4 AM	Occasional / Weekly / Daily Mild / Moderate / Severe
■ Night sweats disrupting sleep	Occasional / Weekly / Daily Mild / Moderate / Severe
■ Unrefreshing sleep / fatigue on waking	Occasional / Weekly / Daily Mild / Moderate / Severe
■ Vivid or disturbing dreams	Occasional / Weekly / Daily Mild / Moderate / Severe

■■ TEMPERATURE & VASOMOTOR SYMPTOMS

Symptom	Frequency & Severity Notes
■ Hot flashes (sudden heat waves)	Occasional / Weekly / Daily Mild / Moderate / Severe
■ Night sweats (daytime)	Occasional / Weekly / Daily Mild / Moderate / Severe
■ Chills or cold flashes after hot flash	Occasional / Weekly / Daily Mild / Moderate / Severe
■ Heart palpitations / racing heart	Occasional / Weekly / Daily Mild / Moderate / Severe
■ Flushing or facial redness	Occasional / Weekly / Daily Mild / Moderate / Severe

♥■ MOOD & EMOTIONAL HEALTH

Symptom	Frequency & Severity Notes
■ Increased anxiety or worry	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Irritability or sudden anger	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Sadness or low mood	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Mood swings (rapid changes)	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Feeling overwhelmed or tearful	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Loss of motivation or interest	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>

■ BRAIN & COGNITIVE FUNCTION

Symptom	Frequency & Severity Notes
■ Brain fog / difficulty concentrating	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Memory lapses (forgetting words, names)	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Difficulty making decisions	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Mental fatigue / low mental energy	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>

■■ PHYSICAL & BODY CHANGES

Symptom	Frequency & Severity Notes
■ Weight gain, especially around the midsection	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Bloating or digestive changes	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Joint pain or stiffness	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Muscle aches or weakness	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Hair thinning or loss	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Dry or itchy skin	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Fatigue / low energy throughout the day	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>

■ MENSTRUAL & HORMONAL CHANGES

Symptom	Frequency & Severity Notes
■ Irregular periods (longer, shorter, skipped)	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Heavier or lighter flow than usual	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Spotting between periods	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Vaginal dryness or discomfort	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Decreased libido / loss of interest in sex	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>
■ Urinary urgency or frequency	<i>Occasional / Weekly / Daily Mild / Moderate / Severe</i>

My Notes for My Doctor

Use this space to write down your most disruptive symptoms, questions you want to ask, and any patterns you have noticed (e.g., symptoms worse at certain times of the month):

"Your body isn't failing you. You are navigating one of the most significant biological transitions of your life — and you deserve clear answers, real support, and a healthcare team that guides you toward thriving. And we are here to help."

— Midlife Pause Clarity

- Watch new videos every week at youtube.com/@MidlifePauseClarity
- Join our private newsletter community at midlifepauseclarity.com