PERIMENOPAUSE · PRINTABLE CHECKLIST

22 symptoms, one page

Tick what you have noticed in the last 3 months. Then circle how often and how much it bothers you.

	HOW OFTEN	BOTHERS ME
PERIODS		
☐ Changes to your periods (timing, heavier or lighter)	rarely weekly daily	0 1 2 3
HEAT AND SLEEP		
☐ Hot flushes	rarely weekly daily	0 1 2 3
☐ Night sweats	rarely weekly daily	0 1 2 3
☐ Sleep problems	rarely weekly daily	0 1 2 3
☐ Feeling very tired	rarely weekly daily	0 1 2 3
MIND AND MOOD		
☐ Brain fog	rarely weekly daily	0 1 2 3
☐ Problems with memory	rarely weekly daily	0 1 2 3
☐ Problems with concentration	rarely weekly daily	0 1 2 3
☐ Mood swings	rarely weekly daily	0 1 2 3
☐ Low mood or depression	rarely weekly daily	0 1 2 3
☐ Feeling anxious, stressed or irritable	rarely weekly daily	0 1 2 3
BODY		
☐ Palpitations (a noticeable heartbeat)	rarely weekly daily	0 1 2 3
☐ Headaches or migraines worse than usual	rarely weekly daily	0 1 2 3
☐ Muscle aches and joint pains	rarely weekly daily	0 1 2 3
☐ Weight gain around the stomach	rarely weekly daily	0 1 2 3
☐ Hair thinning or hair loss	rarely weekly daily	0 1 2 3
☐ Dry, itchy skin	rarely weekly daily	0 1 2 3
☐ Sensitive teeth, sore gums or mouth problems	rarely weekly daily	0 1 2 3
INTIMATE AND BLADDER		
☐ Vaginal dryness, itching or painful sex	rarely weekly daily	0 1 2 3
☐ Reduced sex drive	rarely weekly daily	0 1 2 3
☐ UTI-like symptoms or needing to pee more	rarely weekly daily	0 1 2 3
☐ Leaking urine	rarely weekly daily	0 1 2 3

Anything else you have noticed

Symptom list based on the NHS menopause symptoms page (reviewed May 2026). General information, not medical advice. Talk to your clinician. Made by Honest Little Apps; free to print and share. My Midlife Story is a free iPhone and iPad app.

4-week tracker

Write your top 6 symptoms on the left. Each day, mark 0 (none) to 3 (a lot). Leave blanks blank: unknown, not symptom-free.

	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
Period (bleeding y/n)																												
1.																												
2.																												
3.																												
4.																												
5.																												
6.																												

My main concern for the appointment

Up to three questions (most important first)

Medicines, herbs and supplements I take (with doses)

Mayo Clinic (2026) suggests logging how often and how severe symptoms are, listing medicines and supplements, and bringing a friend.

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