HealthSecrets

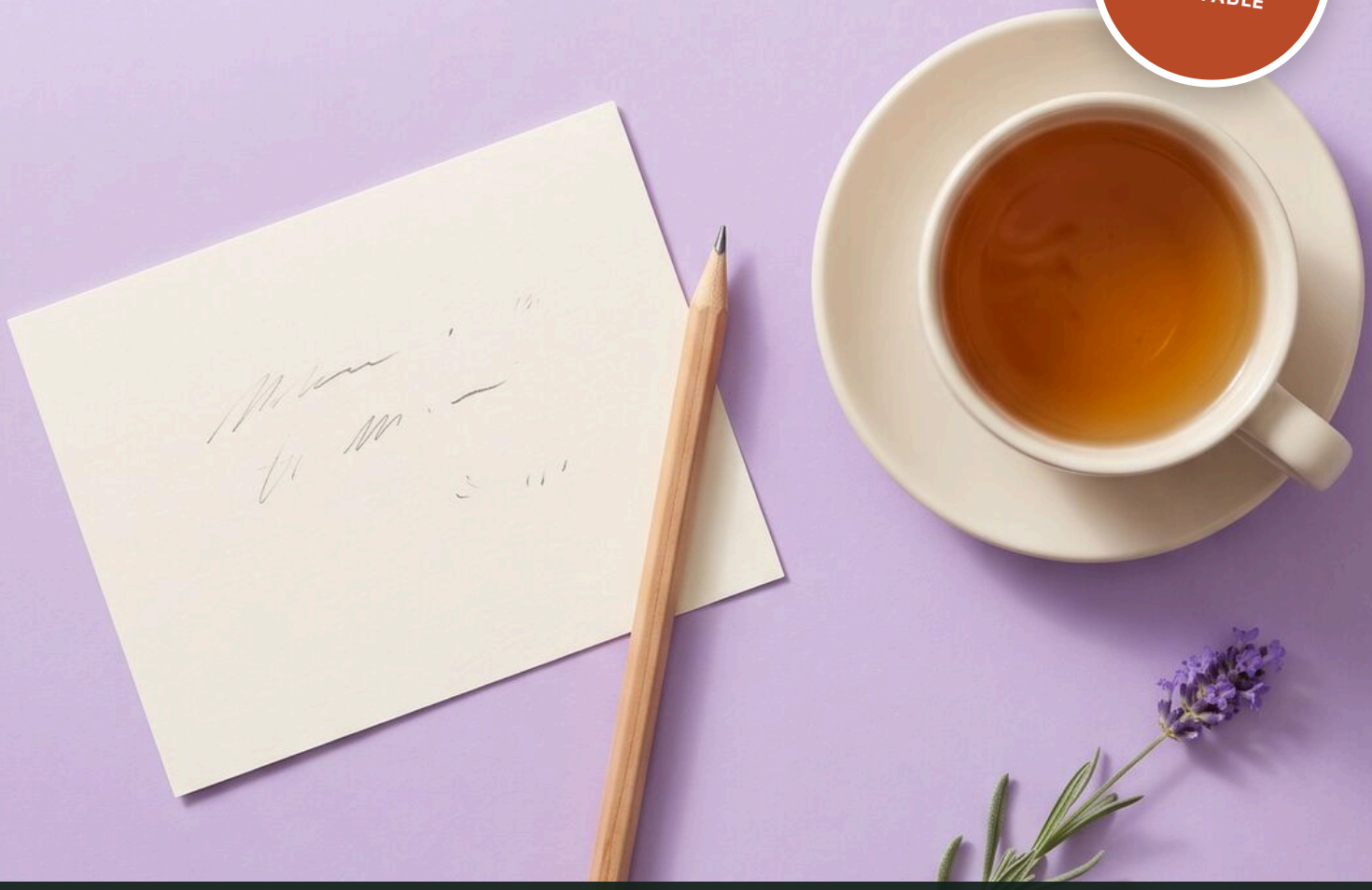
2026 EDITION

FREE GUIDE · MIDLIFE

PERIMENOPAUSE SYMPTOM CHECKLIST

Notice it, score it, bring it along: four weeks on one tracker.

Free PRINTABLE



24-ITEM CHECKLIST, 4-WEEK TRACKER, APPOINTMENT SHEET

24	4	8	1
CHANGES TO TICK	WEEKS OF SCORES	SYMPTOMS TRACKED	APPOINTMENT SHEET

FACT-CHECKED · EDUCATIONAL TOOL, NOT MEDICAL ADVICE

HEALTHSECRETS.COM

FORMAT	PRICE	COMPANION
Fillable PDF	Free	The Perimenopause Workbook

NOTICE IT, SCORE IT, BRING IT ALONG

Perimenopause *Symptom Checklist*

Perimenopause is the stretch of years before your last period. Changes come and go, so they are hard to describe at an appointment. Tick the ones you notice, score them for four weeks, and take one page with you. Experiences differ a lot: tell your clinician about any you tick.

PERIODS

- ☐ Periods closer together or farther apart
- ☐ Heavier or lighter periods than before
- ☐ Skipped periods
- ☐ Spotting between periods

HEAT AND SLEEP

- ☐ Hot flashes
- ☐ Night sweats
- ☐ Trouble falling asleep
- ☐ Waking early or often

MOOD AND MIND

- ☐ Irritability
- ☐ Feeling anxious or on edge
- ☐ Low mood
- ☐ Forgetting words, brain fog
- ☐ Trouble concentrating

BODY

- ☐ Headaches
- ☐ Joint or muscle aches
- ☐ Tiredness
- ☐ Breast tenderness
- ☐ Changes in weight around the middle
- ☐ Dry skin or thinning hair
- ☐ Heart pounding or racing

INTIMATE AND BLADDER

- ☐ Vaginal dryness
- ☐ Less interest in sex
- ☐ Needing to pee more often
- ☐ Leaking a little when you cough or laugh

Changes I ticked (of 24)

THE TRACKER

Weeks 1 and 2

ADDS ITSELF UP

0 none · **1** mild, carried on as usual

2 got in the way · **3** changed my plans or my night

Week 1

0 NONE · 3 STRONG	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEK
Hot flashes								
Night sweats								
Sleep trouble								
Mood changes								
Brain fog								
Joint aches								
Headaches								
Low energy								
Period								
Week score	All eight rows added up (0 to 168)							

Week 2

0 NONE · 3 STRONG	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEK
Hot flashes								
Night sweats								
Sleep trouble								
Mood changes								
Brain fog								
Joint aches								
Headaches								
Low energy								
Period								
Week score	All eight rows added up (0 to 168)							

THE TRACKER

Weeks 3 and 4

ADDS ITSELF UP

0 none · **1** mild, carried on as usual

2 got in the way · **3** changed my plans or my night

Week 3

0 NONE · 3 STRONG	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEK
Hot flashes								
Night sweats								
Sleep trouble								
Mood changes								
Brain fog								
Joint aches								
Headaches								
Low energy								
Period								
Week score	All eight rows added up (0 to 168)							

Week 4

0 NONE · 3 STRONG	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEK
Hot flashes								
Night sweats								
Sleep trouble								
Mood changes								
Brain fog								
Joint aches								
Headaches								
Low energy								
Period								
Week score	All eight rows added up (0 to 168)							

PERIODS

Bleeding notes

WHEN TO CALL

Write the first day of each period, how many days it lasted, and the heaviest flow. Days between periods: from one first day to the next.

#	FIRST DAY	DAYS	DAYS SINCE LAST	HEAVIEST	NOTES
1					
2					
3					
4					
5					
6					
	Average days between				

CALL YOUR CLINICIAN, DON'T WAIT, IF

- Very heavy bleeding: soaking a pad or tampon every hour or two
- Periods closer than 3 weeks apart, or lasting longer than usual
- Bleeding after sex, or between periods
- Any bleeding after 12 months without a period
- A pounding or racing heart with chest pain, fainting or shortness of breath (call 911)
- Low mood most days for two weeks, or thoughts of harming yourself (call or text 988 in the US)

TWELVE MONTHS WITHOUT A PERIOD

That point is called menopause. Any bleeding after it is a reason to call, even if it is light.

SOURCES · FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM

National Institute on Aging. What is menopause? nia.nih.gov	The changes on the checklist; perimenopause and menopause defined
Office on Women's Health. Menopause symptoms and relief; Menopause and your health. womenshealth.gov	The checklist and when to call about bleeding

IN THE PERIMENOPAUSE WORKBOOK

A calcium tally that adds up your day against the RDA.

YOUR APPOINTMENT

One page to bring along

FILL IT IN

MY TOP 3	HOW LONG (WEEKS, MONTHS)	4-WEEK SCORE

WEEK SCORES

Week 1	
Week 2	
Week 3	
Week 4	
Average	

MEDICINES AND SUPPLEMENTS I TAKE

WHAT I WANT TO ASK

TWELVE WEEKS, FOOD, BONES AND THE FULL QUESTION LIST

The Perimenopause Nutrition and Metabolism Workbook tracks 12 weeks with a summary that fills itself in, works out your protein and calcium, plans two weeks of meals with 28 recipes, and lists the options to ask about by name. Strength **at Home for Women 40+** adds a 12-week strength and balance program.

SEE THE WORKBOOK →

SEE STRENGTH AT HOME →

YOUR NEXT FOUR WEEKS

Notice it.
Score it. Bring it along.

01 · TICK	02 · SCORE	03 · GO FURTHER
The changes you notice.	One minute each evening.	The Workbook tracks 12 weeks.

Keep reading on healthsecrets.com

FREE · FACT-CHECKED GUIDES

CALCIUM

Calcium and Bone Health: Complete Supplement Guide

Evidence-based calcium supplement guide covering citrate vs carbonate, vitamin D/K2/magnesium cofactors, dosing fo…

healthsecrets.com/supplements/calcium-and-bone-health-complete-…

VITAMIN D

Vitamin D Complete Guide: Benefits, Dosing & Best

Complete vitamin D guide covering deficiency, optimal levels (40–60 ng/mL), D3 vs D2, dosing protocols, K2 and…

healthsecrets.com/supplements/vitamin-d-complete-guide →

SLEEP

Sleep Hygiene: 15 Evidence-Based Rules for Better Sleep

Learn 15 evidence-based sleep hygiene rules to fall asleep faster, stay asleep longer, and wake refreshed — with produc…

healthsecrets.com/mental-wellness/sleep-hygiene-rules →

PROTEIN

Protein and Immune Function: How Much Do You Really Need?

Discover how protein powers your immune system — from antibodies to T cells.

healthsecrets.com/immune-system/protein-immune-function →

MOVE

Exercise for Longevity Guide | Optimal Types

Learn optimal exercise for longevity. Cardio, strength training, HIIT protocols. Proven to extend lifespan 3-7 years. Practical…

healthsecrets.com/longevity/exercise-longevity-guide →

FREE QUIZ

Women's Health: Hormones, Cycles & Beyond

From menstrual health to menopause — test your knowledge of women-specific health science.

healthsecrets.com/quizzes/womens-health-hormones-quiz →

FREE QUIZ

Hormones & Metabolism: Your Body's Control System

From cortisol to thyroid to insulin — how well do you understand your hormonal health?

healthsecrets.com/quizzes/hormones-metabolism-quiz →

FREE TOOL

Sleep Cycle Calculator

Sleep is not a uniform state — it cycles through distinct stages roughly every 90 minutes. Each cycle progresses from light…

healthsecrets.com/tools/sleep-calculator →

HealthSecrets

Health Secrets publishes food-first, fact-checked guides and practical planners. Every guide above is free to read at **healthsecrets.com**.

See The Perimenopause Nutrition and Metabolism Workbook →

See Strength at Home for Women 40+ →

Take the women's health and hormones quiz →

Try the sleep cycle calculator →

Educational and organizational tool only, not medical advice. It is not intended to diagnose, treat, cure or prevent any disease. It does not diagnose and does not replace your clinician's advice; ask them about any symptom, and before changing medicines, supplements or exercise.