

Perimenopause *symptom tracker*.

Perimenopause can begin years before periods stop, and the changes are easy to miss or put down to stress. Tracking them for a few weeks shows the pattern, and makes your next appointment far more useful.

1. Score weekly

At the end of each week, score each symptom from 0 to 3.

2. Log bleeding

Note period days and anything unusual on page 2.

3. Look for patterns

Which symptoms affect your day most?

4. Bring it along

Take this to your GP or menopause appointment.

Symptom	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8
Hot flushes								
Night sweats								
Trouble sleeping								
Low mood								
Anxiety or irritability								
Brain fog or poor concentration								
Tiredness or low energy								
Joint or muscle aches								
Headaches								
Palpitations								
Vaginal dryness or discomfort								
Change in libido								
Urinary changes								
Skin or hair changes								

Score: 0 = none · 1 = mild, noticeable · 2 = moderate, affects my day · 3 = severe, hard to cope with

Anything else you have noticed

Period and bleeding log

Record the first and last day of each period, how heavy it was (light, medium, heavy, flooding) and any bleeding between periods or after sex.

Start date	End date	Heaviness	Notes, e.g. pain, clots, spotting between periods

See a doctor promptly if you have

- Any bleeding after your periods have stopped for 12 months
- Very heavy bleeding, or bleeding between periods or after sex
- A new lump or change in your breast
- Low mood that is affecting daily life, or thoughts of harming yourself. If you are in crisis, call Lifeline on 13 11 14 or 000 in an emergency

Good to know

- The average age of menopause in Australia is about 51, and perimenopause often starts in the forties
- Not every midlife symptom is caused by menopause, which is why a proper review matters
- Bone and heart health change after menopause, so midlife is a good time for a health check
- There are several options, with and without medicines. A doctor can explain the benefits and risks for you

Before your appointment

Bring: this tracker, a list of your medicines and supplements, and any recent test results.

My top three concerns:

Questions I want to ask:
