



# Is This Perimenopause? Symptom Checklist™

Perimenopause can affect far more than your period.  
Check the changes you have noticed recently.



## Periods & Body Changes

- ☐ Periods arriving earlier or later
- ☐ Heavier or lighter bleeding
- ☐ Skipped periods
- ☐ Hot flashes or night sweats
- ☐ Breast tenderness
- ☐ New headaches or migraines



## Sleep & Energy

- ☐ Trouble falling or staying asleep
- ☐ Waking too early
- ☐ Feeling tired despite sleeping
- ☐ Changes in stamina or recovery



## Mood & Mind

- ☐ Increased anxiety or uneasiness
- ☐ Irritability or mood shifts
- ☐ Feeling emotionally sensitive
- ☐ Brain fog or forgetfulness
- ☐ Difficulty concentrating



## Whole-Body Changes

- ☐ Joint or muscle discomfort
- ☐ Heart palpitations
- ☐ Changes in weight or body shape
- ☐ Vaginal dryness or discomfort
- ☐ Changes in libido
- ☐ Bladder urgency or recurring urinary symptoms



## Digestion & Sensitivity

- ☐ Bloating or digestive changes
- ☐ New food or alcohol sensitivity
- ☐ Feeling less tolerant of heat, stress or caffeine



A few symptoms do not confirm perimenopause, and other health concerns can cause similar changes. Bring persistent, disruptive or worrying symptoms to your healthcare provider.



### *Martine's Midlife Wellness Tip*

Look for patterns, not perfection. Tracking what changes, when it happens and what affects it can make your next healthcare conversation much more useful.

