



Perimenopause Period & Symptom Tracker™

Use this tracker for one week at a time. A few quick notes each day can help you spot changes and prepare for more useful healthcare conversations.


This Week

Week of: _____

Cycle day, if known: _____

	BLEEDING 0–3	HOT FLASHES Number	SLEEP 1–5	MOOD 1–5	ENERGY 1–5	OTHER CHANGES
MON						
TUE						
WED						
THU						
FRI						
SAT						
SUN						


Quick Rating Key
Bleeding: 0 None • 1 Light • 2 Moderate • 3 Heavy

Sleep, Mood & Energy: 1 Struggling • 3 Mixed • 5 Feeling well

What Did You Notice?

What changed this week? _____

What may have influenced it? _____

What would you like to discuss with your healthcare provider? _____


Gentle Reminder

Patterns become more useful over time. One difficult day does not tell the whole story.


Martine's Midlife Wellness Tip

Keep your notes brief and honest. The goal is not perfect tracking.
It is noticing what your body may be trying to tell you.

