



My Midlife Symptom Timeline™

Map what began when so you can see the bigger picture and share it more clearly.



Start With What You Remember

Approximate dates are fine. Focus on the order of changes rather than perfect details.

When?	What Began or Changed?	What Else Was Happening?	How Long Did It Last?
1			
2			
3			
4			
5			



Changes Worth Remembering

- | | |
|---|---|
| ☐ Menstrual cycle or menopause stage | ☐ Weight, strength or movement |
| ☐ Sleep, mood or stress | ☐ Medication or supplement changes |
| ☐ Energy, digestion or appetite | ☐ Major illness or life events |

What Appeared First?

Which symptom or change started the pattern?

What Changed Together?

Which symptoms seemed to begin or shift around the same time?



Gentle Reminder

A timeline does not diagnose the cause. It can help your healthcare provider understand the sequence more clearly.

Martine's Midlife Wellness Tip

Check old calendars, photos, messages or medical records if the dates feel fuzzy. They may help jog your memory.