PERIMENOPAUSE / MENOPAUSE SYMPTOMS CHECKLIST

Check all symptoms that apply

Hot Flashes & Temperature Changes
- ☐ Hot flashes (sudden heat waves)
- ☐ Night sweats
- ☐ Waking up hot, then cold
- ☐ Temperature sensitivity

Sleep Changes
- ☐ Trouble falling asleep
- ☐ Waking up between 2–4am
- ☐ Restless or light sleep
- ☐ Insomnia despite exhaustion

Period & Cycle Changes
- ☐ Irregular cycles
- ☐ Heavier or lighter periods
- ☐ Spotting between cycles
- ☐ Skipped periods
- ☐ Shorter or longer cycles

Mood, Anxiety & Emotional Changes
- ☐ Irritability
- ☐ Anxiety or nervousness
- ☐ Mood swings
- ☐ Low mood or sadness
- ☐ Crying spells
- ☐ Feeling emotionally fragile

Brain & Focus Changes
- ☐ Brain fog
- ☐ Forgetfulness
- ☐ Trouble concentrating
- ☐ Losing words mid-sentence
- ☐ Mental fatigue

Heart & Nervous System Symptoms
- ☐ Heart palpitations
- ☐ Racing or fluttering heart
- ☐ Adrenaline rush feelings
- ☐ Panic attacks (new or worsening)
- ☐ Feeling overstimulated easily

Skin, Hair & Sensory Changes
- ☐ Itchy skin
- ☐ Crawling or tingling sensations
- ☐ Dry or sensitive skin
- ☐ Hair thinning or shedding
- ☐ Texture changes
- ☐ Increased facial hair

Joint, Muscle & Body Aches
- ☐ Joint stiffness
- ☐ Morning aches
- ☐ Frozen shoulder
- ☐ Hip, knee, or hand pain
- ☐ General inflammation feeling

Eye, Ear & Mouth Changes
- ☐ Dry eyes
- ☐ Blurry vision at times
- ☐ Eye twitching
- ☐ Ringing in ears (tinnitus)
- ☐ Ear fullness or pressure
- ☐ Dry mouth
- ☐ Metallic taste
- ☐ Burning mouth sensation

Digestive Changes
- ☐ Bloating
- ☐ Constipation
- ☐ Reflux or heartburn
- ☐ New food sensitivities

Bladder & Urinary Changes
- ☐ Urgency
- ☐ Leaking
- ☐ Frequent UTIs
- ☐ Bladder irritation

Weight, Energy & Metabolism
- ☐ Weight gain (especially belly)
- ☐ Puffiness
- ☐ Fatigue after normal tasks
- ☐ Lower stamina

Important note:
Experiencing multiple symptoms doesn't mean something is "wrong." Many women are surprised to learn these changes can be hormone-related.