

The 34-Symptom Perimenopause Tracker

Because it's more than hot flashes.

Built from reading 600 reviews of every perimenopause app, and
fixing what they got wrong.

a bad week, on paper

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This copy belongs to _____

Thirty seconds a day. That's the whole method.

No. 1 Each evening, tick the symptoms you felt today.

Thirty seconds, before bed or with your evening tea. No notes required, no perfection needed. A missed day is a missed day, not a failure.

No. 2 After two or three weeks, patterns appear.

The kind memory alone can't show you. The 3am wakings that cluster. The rage that arrives with the headaches. Ticks turn into a shape.

No. 3 Bring pages 3 and 4 to your appointment.

Evidence beats "I've been feeling off." A doctor can work with a month of marks in a way they cannot work with a feeling.

One thing before you start. Tracking isn't about obsessing over every ache. It's about proof. **Proof for your doctor**, who does better work with patterns than with impressions. And **proof for you**, on the days you wonder whether you're imagining it.

You're not. You never were.

— *Bhuvan, Full Bloom*

No period required. This tracker works if your cycles are irregular, if you have an IUD, if you've had a hysterectomy, or if periods are simply beside the point. Symptoms are the point here. Cycles are optional.

We're building the app version of this. Symptom-first, period-optional, shaped by its first 50 founding members. If you'd like to be one of them: perimenopauseapp.com/founding

A month at a glance

Month: _____

Tick = you felt it that day. Blank = you didn't. Both are data.

SYMPTOM · DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
<i>Heat & sleep</i>																															
1 Hot flashes																															
2 Night sweats																															
3 Fatigue																															
4 Sleep disruption																															
<i>Cycle & intimate</i> · skip what doesn't apply																															
5 Irregular periods																															
6 Breast tenderness																															
7 Vaginal dryness																															
8 Lower libido																															
<i>Mind & mood</i>																															
9 Mood swings																															
10 Anxiety																															
11 Irritability																															
12 Depression																															
13 Panic episodes																															
14 Trouble concentrating																															
15 Memory lapses																															
<i>Body</i>																															
16 Joint pain																															
17 Muscle tension																															
18 Headaches																															
19 Weight gain																															
20 Bloating																															
21 Digestive changes																															
22 Dizziness																															
23 Heart palpitations																															
24 Bladder leaks																															
<i>Skin & hair</i>																															
25 Itchy skin																															
26 Hair thinning																															
27 Brittle nails																															
28 Changing body odor																															
<i>Unusual but real</i>																															
29 Electric shock feeling																															
30 Tingling extremities																															
31 Burning mouth																															
32 Gum problems																															
33 New allergies																															
34 Tinnitus (ear ringing)																															
<i>Yours</i> · every body has its own list																															
Your own: _____																															
Your own: _____																															

Before your appointment

The doctor visit summary

Fill this in the night before. It takes five minutes and changes the whole conversation.

My top 5 symptoms right now

SYMPTOM	SINCE WHEN	HOW OFTEN	WHAT MAKES IT WORSE
1.			
2.			
3.			
4.			
5.			

What I've already tried

My periods are: ☐ regular ☐ irregular ☐ absent ☐ N/A (circle one)

Questions I want answered today

Hand this to your doctor at the start, not the end. It turns a ten-minute appointment into a productive one.

Tired of filling this in by hand? The app we're building writes this summary for you, from your daily logs. perimenopauseapp.com