



Perimenopause/Menopause Symptom Tracker



Symptom	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Comment
Hot flush								
Cold flush								
Night sweats								
Heart beating quickly/strongly								
Breathing problems								
Trouble sleeping								
Exhaustion								
Low libido								
High libido								
Arousal problems								
Vaginal discharge								
Vaginal dryness/itching								
Heavier periods								
Lighter periods								
Increased periods								
Decreased periods								
Frequent bladder infections								
Frequent urination at night								
Weight gain								
Worsening allergies								
Brain fog								
Poor concentration								
Tearful								
Anxiety								
Panic attacks								
Lacking in motivation								
Loss of joy								
Memory problems								
Low mood								
Anger/ irritable								
Worsening PMT								
Headaches								
Migraines								
Dizziness								
Vertigo								
Diarrhoea								
Constipation								
Bloating								
Indigestion								
Breast tenderness								
Tinnitus								
Dry/ itchy eyes								
Muscle and joint pains								
Pins and needles								
Change in body odour								
Burning mouth								
Excess hair growth								
Itchy skin								
Dry skin								

Any Other Symptoms