

Perimenopause Symptom and Cycle Tracker

Track for 2 to 4 weeks, then bring these pages to your appointment.

How to use this tracker

- Fill in the **cycle log** whenever a period starts or stops, and note any spotting.
- Each day, score the symptoms on page 2: **0** none, **1** mild, **2** moderate, **3** severe. Print page 2 once per week.
- Write down anything else that seems relevant: medicines, supplements, stress, poor sleep.

This is a note-taking aid, not a diagnostic test. No score confirms or rules out perimenopause.

1. Cycle log

Period started (date)	Period ended (date)	Flow (light / medium / heavy)	Spotting between periods?	Notes

Days between the start of one period and the start of the next = your cycle length. Write it in the notes column.

2. Medicines and supplements I take

Name	Dose	Why / since when

Weekly symptom grid

Week starting: ____ / ____ / _____ Score each day: 0 none, 1 mild, 2 moderate, 3 severe

Symptom	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hot flashes							
Night sweats							
Trouble falling or staying asleep							
Fatigue that rest doesn't fix							
Irritability or mood swings							
Anxiety or feeling on edge							
Low mood							
Brain fog or memory lapses							
Headache or migraine							
Joint or muscle aches							
Vaginal dryness or discomfort							
Urinary urgency or leaks							
Palpitations (fast or pounding heartbeat)							
Other: _____							

Notes for this week (triggers, stress, sleep, what helped)

Symptom list adapted from the NHS menopause symptoms page and the studies cited in our checklist guide:
dailyhealthcycle.com/perimenopause-symptoms-checklist-for-your-40s/

Before your appointment

Bring with you

- This tracker (2 to 4 weeks of notes) and your cycle log.
- A list of your medicines, supplements and birth control.
- Your family history of breast cancer, blood clots or heart disease. It influences treatment choices.

Questions worth asking

- Could my symptoms be caused by something else, such as a thyroid problem or anemia?
- Which treatments fit my health history?
- What should I watch for, and when should we check in again?

My questions:

Don't wait for an appointment if...

- You are soaking through a pad or tampon every hour, or you feel faint or unwell: **call 911**. ACOG lists chest pain, shortness of breath and dizziness together with very heavy bleeding as signs to get emergency care.
- A fast heartbeat comes with chest pain, fainting or shortness of breath: **call 911 or get emergency care**.
- You have any vaginal bleeding after 12 months without a period: contact a doctor (NHS).
- You have thoughts of harming yourself: **call or text 988** in the U.S.

Worth raising with a clinician soon

- Cycles shorter than 21 or longer than 35 days, bleeding that lasts more than 7 days, bleeding or spotting between periods or after sex, or going 3 to 6 months without a period. These are ACOG's general abnormal-bleeding definitions, not perimenopause-specific cutoffs, and irregular periods are common in perimenopause.
- Symptoms that disrupt your sleep, work or relationships.

Sources: ACOG, "Abnormal Uterine Bleeding" (reviewed August 2025); NHS, "Menopause symptoms" (reviewed May 2026). Educational information, not medical advice. Read the full Medical Disclaimer at dailyhealthcycle.com/medical-disclaimer-2/