

✓ Perimenopause & Menopause Symptom Checklist

(Check all that apply — symptoms may come and go and can start years before periods stop)

Brain, Mood & Emotional Health

- Brain fog or trouble concentrating
- Forgetfulness or memory changes
- Anxiety or feeling on edge
- Panic attacks
- Low mood or depression
- Mood swings
- Irritability or rage
- Feeling overwhelmed easily
- Loss of confidence
- Low motivation or burnout
- Feeling "not like myself"

Sleep & Energy

- Trouble falling asleep
- Waking during the night
- Early morning waking
- Night sweats waking me up

- Poor or unrefreshing sleep
- Constant fatigue or exhaustion
- Low energy during the day

Temperature Changes

- Hot flashes
- Night sweats
- Sudden heat intolerance
- Chills or cold flashes
- Flushing of face, chest, or neck
- Sweating more than usual

Heart & Breathing

- Heart palpitations
- Racing or irregular heartbeat
- Shortness of breath
- Dizziness or lightheadedness
- Reduced exercise tolerance

Joints, Muscles & Bone Health

- Joint pain
- Joint stiffness (especially in the morning)
- Muscle aches or weakness

- Loss of strength or muscle tone
- Increased aches after exercise
- Loss of height
- History of fractures
- Diagnosed osteopenia or osteoporosis

Weight & Metabolism

- Weight gain
- Weight gain around the abdomen
- Difficulty losing weight
- Slower metabolism
- Blood sugar changes or prediabetes
- Increased cravings

Period & Hormonal Changes

- Irregular periods
- Heavier periods
- Lighter periods
- Missed periods
- Shorter or longer cycles
- Spotting between periods
- Worsening PMS
- New or worsening migraines

- Breast tenderness or pain

Vaginal, Bladder & Sexual Health

- Vaginal dryness
- Vaginal burning or irritation
- Pain with intercourse
- Reduced lubrication
- Loss of libido
- Difficulty achieving orgasm
- Urinary urgency
- Frequent urination
- Recurrent UTIs
- Leaking urine

Skin, Hair & Appearance

- Dry or itchy skin
- Thinning skin
- Increased wrinkles
- Acne or breakouts
- Hair thinning or shedding
- Hair loss at scalp
- Facial hair growth
- Brittle or weak nails

Head, Nerves & Sensory

- Headaches or migraines
- Tingling or numbness
- Dizziness or balance issues
- Ringing in ears (tinnitus)
- Dry eyes
- Vision changes
- Burning mouth sensation

Digestive & Gut

- Bloating
- Constipation
- Diarrhea
- Acid reflux or heartburn
- Food sensitivities

Bone Health Risk Factors

(Check any that apply)

- Family history of osteoporosis
- Early menopause (before age 45)
- Surgical menopause (ovaries removed)
- Low body weight

- Smoking
- Low calcium or vitamin D
- Limited weight-bearing exercise
- Long-term steroid use



Notes / Symptoms Not Listed: