
Perimenopause Symptom & Change Checklist

Perimenopause can affect much more than your menstrual cycle. Hormonal fluctuations may influence sleep, mood, cognition, temperature regulation, muscles and joints, skin, hair, and sexual, urinary, and vaginal health.

Check any changes you have noticed recently— even if you aren't sure they are related to perimenopause.

Menstrual Cycle

- ☐ Periods becoming closer together or farther apart
- ☐ Heavier or lighter bleeding than usual
- ☐ Skipped periods
- ☐ Changes in PMS or menstrual symptoms
- ☐ New or worsening breast tenderness

Temperature & Sleep

- ☐ Hot flashes or sudden waves of heat
- ☐ Night sweats
- ☐ Difficulty falling asleep
- ☐ Waking during the night or very early morning
- ☐ Sleep that no longer feels restorative

Mood & Nervous System

- ☐ Increased anxiety or feeling unusually “on edge”
- ☐ Irritability or shorter temper
- ☐ Mood swings or increased emotional sensitivity
- ☐ Low mood or depressive symptoms
- ☐ Panic sensations or episodes of intense anxiety

- ☐ Headaches or change in migraine pattern
- ☐ Dizziness or feeling off-balance
- ☐ Tingling, crawling, burning, or unusual skin sensations

Brain & Energy

- ☐ Brain fog
- ☐ Difficulty concentrating or staying focused
- ☐ Word-finding or short-term memory changes
- ☐ Unusual fatigue or loss of stamina

Muscles, Joints & Body Composition

- ☐ New or worsening joint aches or stiffness
- ☐ Muscle aches, soreness, or reduced recovery
- ☐ Change in weight or where your body stores fat
- ☐ Loss of muscle strength or feeling less physically resilient

Skin, Hair & Other Tissues

- ☐ Dry or itchy skin

Bring this checklist to your visit — it helps translate what your body is already telling you.

- ☐ Hair thinning, shedding, or texture changes
- ☐ Brittle or changing nails
- ☐ Dry eyes or dry mouth
- ☐ Burning mouth, tongue, or gum sensations
- ☐ New or increased skin/allergy sensitivities

Heart & Digestion

- ☐ Heart racing, pounding, fluttering, or palpitations

- ☐ Increased bloating, indigestion, or digestive changes

Sexual, Vaginal & Urinary Health

- ☐ Vaginal or vulvar dryness
- ☐ Vaginal burning, irritation, or itching
- ☐ Pain or discomfort with intercourse
- ☐ Change in sexual desire, arousal, or orgasm
- ☐ Increased urinary urgency or frequency
- ☐ Burning or discomfort with urination
- ☐ Recurrent urinary tract infections

What Has Changed Most?

The three symptoms or changes bothering me most are...

1)

2)

3)

Approximately when did these changes begin?

Have they changed with your menstrual cycle?