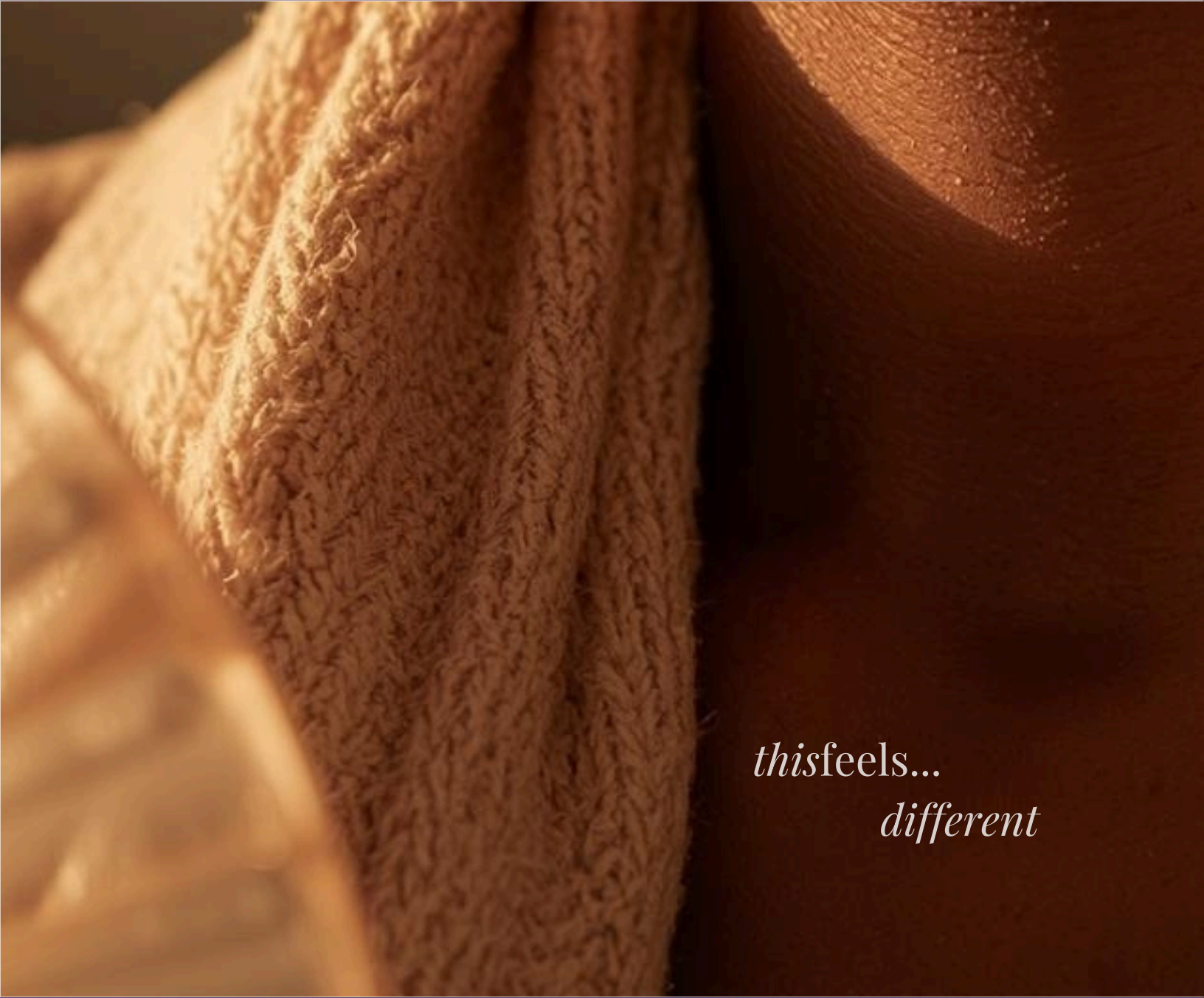


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*this feels...  
different*

## The Perimenopause Symptom Guide


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Understand What's Happening in Your Body—And Why  
Tracking Changes Everything

For educational purposes only • Not medical advice

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# Perimenopause Cycle Tracker



## Complete User Guide

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# Perimenopause Cycle Tracker

## *Complete User Guide*

*Understanding your changing body, one day at a time*

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## Welcome — Your Body Is Not Breaking

If your periods have started doing things they have never done before — coming more often, lasting longer, arriving heavier than you thought possible, or disappearing for weeks and then suddenly returning — you are not alone, and you are not imagining it.

This is perimenopause. And it can be a lot.

This tracker was built specifically for you — not for 28-day cycles and fertility windows, but for the beautiful, unpredictable, sometimes overwhelming reality of a body in hormonal transition. Every entry you make is a data point that helps you understand your own patterns, advocate for yourself with your doctor, and feel a little more in control during a time that can feel anything but.

*What you're feeling is real. It's documented. It makes complete sense. Now let's track it.*

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## Why Tracking Matters in Perimenopause

Perimenopause is defined by unpredictability. Estrogen levels fluctuate — sometimes dramatically — and your menstrual cycle reflects every shift. Most standard period trackers assume regularity. They're built around 21–35 day cycles, predictable ovulation, and consistent flow. Perimenopause breaks all those rules.

Here is why your log matters:

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- You will remember things you would otherwise forget. Three months from now, your doctor will ask when your last period was. You will know.
- Patterns become visible over time. What feels random often has a rhythm — longer cycles, heavier flows before skipping a month, spotting at ovulation.
- You will be able to advocate for yourself. A printed history of your cycle changes is powerful information in a medical appointment.
- It reduces anxiety. Understanding what is happening — even when it is irregular — is calming. Knowledge replaces fear.
- It helps identify when something needs medical attention. Not all heavy bleeding is "just perimenopause." Your log helps you see patterns that warrant a conversation with your doctor.

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## How to Use the Tracker

The tracker has four sections, each accessible from the menu at the top. Here is what each one does.

### Log Today

This is your daily home. Aim to open this once a day — it takes under a minute. Here is what you will log:

#### Step 1 — Select the Date

It defaults to today. If you forgot to log yesterday, simply change the date. You can log past days at any time.

#### Step 2 — Choose Your Flow Level

This is the heart of the tracker. Tap the option that best describes your bleeding today. Use the guide below:

Flow Level	What It Means
No Bleeding	No blood at all today.
Spotting	A small amount — may just be on wiping. Common in perimenopause.

<b>Light</b>	Light but consistent flow. Lighter than your "normal" period.
<b>Medium</b>	Your typical period flow. Changing a pad/tampon every 3–4 hours.
<b>Heavy</b>	Needing to change protection every 1–2 hours.
<b>Flooding</b>	Soaking through protection, passing large clots. Tell your doctor.

*Note: If you are experiencing flooding (soaking through protection, passing clots larger than a quarter), please discuss this with your healthcare provider.*

### Step 3 — Note Any Clots

If you selected anything other than "No Bleeding," you will see a clot question appear. This is important information for your doctor. Log honestly — large clots are worth tracking even if they feel embarrassing to mention.

### Step 4 — Symptoms

Tap any symptoms you are experiencing today. You can select as many as apply. These are tracked over time so you can see whether certain symptoms cluster around your bleeding days.

The symptoms included are the most commonly reported in perimenopause:

- Cramps, bloating, breast tenderness
- Hot flashes and night sweats
- Mood changes, anxiety, brain fog
- Fatigue, insomnia, headache, joint pain

### Step 5 — Notes

This is your free-text space. Use it for anything the other fields don't capture — color changes, unusual texture, how you felt overall, whether you soaked through to your clothes, whether the cramps woke you up. The more detail here, the more useful your history becomes.

#### Tip

Even logging "No Bleeding" on days when you have no period is valuable. It helps you track cycle length — how many days between bleeds.

## Calendar View

The calendar shows your entire month at a glance. Each day you have logged will show a small colored dot indicating your flow level. The color coding matches the legend at the bottom of the calendar.

Use the arrows to navigate between months. Over time, you will begin to see your pattern — even if that pattern is unpredictability itself.

## History

Your full log, newest entry first. Every detail you entered is here — date, flow level, clot notes, symptoms, and any notes you wrote.

At the top of the History section, you will find a Print button. Use this to:

- Print your log before a doctor's appointment
- Create a PDF to email to your healthcare provider
- Keep a personal record outside the tracker

*We recommend printing your log every 3 months, or before any medical appointment related to your cycle or menopause.*

## Insights

Once you have logged enough entries, the Insights section shows you your patterns:

- Total days logged
- Number of bleeding days
- Your average cycle length (calculated from gaps between bleeding episodes)
- Heavy and flooding day count
- A visual flow breakdown — which flow levels appear most in your log
- Your most frequently tracked symptoms
- A personalized tip based on your data

The insights become more meaningful the longer you track. Three months of data is a good baseline. Six months begins to show your true perimenopause pattern.

## What Is Normal in Perimenopause?

"Normal" in perimenopause is a wide range. Here is what the research shows is common — so you can recognize what falls within typical experience and what warrants a conversation with your doctor.

### Common Cycle Changes

- Cycles becoming shorter (less than 21 days) in early perimenopause
- Cycles becoming longer and more irregular as perimenopause progresses
- Skipping periods entirely for a month or two, then having them return
- Flow that is heavier or lighter than your usual
- Spotting between periods or around ovulation
- Periods that last longer than they used to
- More intense PMS symptoms in the week before your period

### When to Contact Your Doctor

While variability is expected, some changes are worth discussing with a healthcare provider. Please reach out if you experience:

**Contact your doctor**

Soaking through a pad or tampon every hour for several hours in a row

**Contact your doctor**

Passing clots larger than a quarter (about 2.5 cm)

**Contact your doctor**

Bleeding that lasts longer than 7 days

**Contact your doctor**

Any bleeding after 12 consecutive months without a period (this is postmenopausal bleeding and should always be evaluated)

**Contact your doctor**

Bleeding that is significantly impacting your quality of life — your symptoms deserve treatment, not just reassurance

Your tracker history is valuable evidence when you have these conversations. Take it with you.

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## Tips for Getting the Most From Your Tracker

- **Make it a habit:** Log every day, even days with no bleeding.
  - **Accessibility:** Keep it on your home screen or somewhere visible so you remember.
  - **Use notes freely:** Use the notes field generously — detail you capture now will feel important in three months.
  - **Start now:** Do not wait for a "heavy" day to start. Start today, whatever your flow.
  - **Bring it to appointments:** Print your log before appointments and highlight the entries you most want to discuss.
  - **Trust yourself:** If a cycle feels unusual to you, make a note of why. Your instincts about your own body matter.
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## A Final Word

Perimenopause can feel isolating — especially when symptoms are dismissed, minimised, or simply not talked about. This tracker exists to give you something concrete: a record, a pattern, a language for what your body is doing.

You are not breaking down. You are transitioning. And now you have the data to prove it.

*Your body isn't failing you — it's adapting. And now you know exactly how.*

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