

My Perimenopause *Symptom Tracker*

Track · Identify Patterns · Show Your Doctor Concrete Data

Your Six-Week Daily Log

This tracker is designed to work alongside the Nobody Warned Me 6-week protocol. Complete it daily — it only takes 3 minutes. By the end of six weeks, you will have concrete, dated data that tells a story your doctor can understand at a glance.

RATE YOUR SYMPTOMS	TRACK YOUR BASELINES	COMPLETE THE WEEKLY REVIEW
Use the 1–5 scale for each symptom each day. 1 = none / minimal, 5 = severe / significant.	Rate your Energy, Mood, and Focus on a 1–10 scale. These three numbers often move together.	Every Sunday, complete the Weekly Summary. Note what helped, what worsened, and any patterns.

SYMPTOM SEVERITY SCALE

1	None / Not present
2	Mild / Barely noticeable
3	Moderate / Noticeable but manageable
4	Significant / Affecting daily function
5	Severe / Unable to function normally

Tip for your doctor's appointment: On the last page of each week's tracker, use the Weekly Summary box. Bring the completed 6-week set to your next appointment — or photograph it on your phone. Concrete numbers tell a story that "I just feel terrible" cannot.

Week 1 Daily Symptom Log

SYMPTOM	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hot Flashes							
Night Sweats							
Sleep Quality							
Mood / Irritability							
Anxiety							
Brain Fog / Memory							
Energy Level							
Headaches							
Joint / Muscle Pain							
Vaginal Dryness							
Libido Changes							
Heart Palpitations							
Bloating / Digestion							
Hair / Skin Changes							
Weight / Body Changes							

DAILY BASELINES (1–10)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Energy Level							
Mood							
Mental Focus							

Most improved symptom this week:

Symptom that worsened or stayed the same:

What helped most (sleep / food / movement / other):

Notes for your doctor:

Week 2 Daily Symptom Log

SYMPTOM	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hot Flashes							
Night Sweats							
Sleep Quality							
Mood / Irritability							
Anxiety							
Brain Fog / Memory							
Energy Level							
Headaches							
Joint / Muscle Pain							
Vaginal Dryness							
Libido Changes							
Heart Palpitations							
Bloating / Digestion							
Hair / Skin Changes							
Weight / Body Changes							

DAILY BASELINES (1-10)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Energy Level							
Mood							
Mental Focus							

Most improved symptom this week:

Symptom that worsened or stayed the same:

What helped most (sleep / food / movement / other):

Notes for your doctor:

Week 3 Daily Symptom Log

SYMPTOM	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hot Flashes							
Night Sweats							
Sleep Quality							
Mood / Irritability							
Anxiety							
Brain Fog / Memory							
Energy Level							
Headaches							
Joint / Muscle Pain							
Vaginal Dryness							
Libido Changes							
Heart Palpitations							
Bloating / Digestion							
Hair / Skin Changes							
Weight / Body Changes							

DAILY BASELINES (1-10)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Energy Level							
Mood							
Mental Focus							

Most improved symptom this week:

Symptom that worsened or stayed the same:

What helped most (sleep / food / movement / other):

Notes for your doctor:

Week 4 Daily Symptom Log

SYMPTOM	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hot Flashes							
Night Sweats							
Sleep Quality							
Mood / Irritability							
Anxiety							
Brain Fog / Memory							
Energy Level							
Headaches							
Joint / Muscle Pain							
Vaginal Dryness							
Libido Changes							
Heart Palpitations							
Bloating / Digestion							
Hair / Skin Changes							
Weight / Body Changes							

DAILY BASELINES (1-10)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Energy Level							
Mood							
Mental Focus							

Most improved symptom this week:

Symptom that worsened or stayed the same:

What helped most (sleep / food / movement / other):

Notes for your doctor:

Week 5 Daily Symptom Log

SYMPTOM	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hot Flashes							
Night Sweats							
Sleep Quality							
Mood / Irritability							
Anxiety							
Brain Fog / Memory							
Energy Level							
Headaches							
Joint / Muscle Pain							
Vaginal Dryness							
Libido Changes							
Heart Palpitations							
Bloating / Digestion							
Hair / Skin Changes							
Weight / Body Changes							

DAILY BASELINES (1-10)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Energy Level							
Mood							
Mental Focus							

Most improved symptom this week:

Symptom that worsened or stayed the same:

What helped most (sleep / food / movement / other):

Notes for your doctor:

Week 6 Daily Symptom Log

SYMPTOM	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hot Flashes							
Night Sweats							
Sleep Quality							
Mood / Irritability							
Anxiety							
Brain Fog / Memory							
Energy Level							
Headaches							
Joint / Muscle Pain							
Vaginal Dryness							
Libido Changes							
Heart Palpitations							
Bloating / Digestion							
Hair / Skin Changes							
Weight / Body Changes							

DAILY BASELINES (1–10)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Energy Level							
Mood							
Mental Focus							

Most improved symptom this week:

Symptom that worsened or stayed the same:

What helped most (sleep / food / movement / other):

Notes for your doctor:

Use this space for anything that doesn't fit the daily log — medication changes, doctor visit notes, significant life events, or observations over time.

When you've completed this tracker, photograph or scan each week's pages before your next appointment. Your data tells a story — patterns in sleep, mood, and energy that correlate with the symptom log can help your doctor make better decisions for you.