

FemPhases

Perimenopause Symptom & Cycle Tracker

A calm, practical place to notice patterns in your cycle,
symptoms and everyday wellbeing.





Perimenopause

Symptom & Cycle Tracker

A calm, practical place to notice what is changing, what repeats, and what you may want to talk about.



MONTHLY CYCLE LOG

Month:

Year:

Use one line for each bleed or spotting episode. Write “not sure” whenever that is the honest answer.

Start date	Length	Flow	Cycle day*	Notable symptoms or changes

*Cycle day 1 is usually the first day of bleeding. If your cycle is unclear, leave this blank.

DAILY CHECK-IN

How did today feel?

Choose a number from 1 to 5. This is your own scale – consistency matters more than perfection.

1 Barely noticed

2 Mild

3 Noticeable

4 Difficult

5 Very difficult

Week beginning:

Daily rating	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sleep quality							
Mood changes							
Energy							
Hot flushes							
Night sweats							
Brain fog							

A few words about the day

Anything that may add context – bleeding, stress, movement, alcohol, caffeine, illness, workload, or something else.

Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

WEEKLY REFLECTION

What patterns stood out?

Pause for a few minutes. You are not looking for perfect answers – only useful clues.

Week beginning:

THE BIG PICTURE

What felt most noticeable this week?

TIMING & TRIGGERS

When did symptoms feel stronger? What was happening around that time?

WHAT HELPED

What seemed to support sleep, mood, energy or comfort?

WHAT MADE THINGS HARDER

What seemed to add strain or discomfort?

ONE THING I WANT TO REMEMBER

CONVERSATION NOTES

What I want to bring to my doctor

A one-page summary in your own words. Bring only what feels relevant to you.

Name:

Week beginning:

MY MAIN CONCERN

The change or symptom I most want to discuss

WHAT I NOTICED

When it happened, how often, and how it affected my day or sleep

MY CYCLE THIS MONTH

Dates, flow changes, spotting, or changes in cycle length

WHAT I HAVE ALREADY TRIED

Anything that seemed helpful, unhelpful, or unclear

QUESTIONS I WANT TO ASK

Write the questions you do not want to forget

A NOTE TO MYSELF

I deserve to be heard, and I can take my time explaining what has changed.