

Perimenopause tracker: Know what's 'normal' for you

Many women in their 40s or 50s may be experiencing **perimenopause** – the hormonal transition leading to menopause – often without realizing it. Menopause, defined as 12 consecutive months without a period, typically occurs between ages 45 and 55. While experiences can vary widely, this transition can bring mild to severe physical, mental and emotional symptoms, along with menstrual and body changes.

Keeping track of your experiences can help you notice changes that may signal the onset of perimenopause. It can also help make it easier to manage symptoms and reduce their impact on your day-to-day life.

In fact, tracking your menstrual cycles can be helpful at any age. Noting start dates, cycle length, flow and symptoms can make patterns, changes or irregularities easier to spot.



Support and treatment are available

Self-care strategies and medical treatments are available to help ease symptoms and reduce the risk of certain physical changes, such as bone density loss. These include hormone therapies, which can be used to target specific symptoms, such as vaginal dryness – or to address multiple symptoms at once.

Consulting with a health care provider can help you understand your options and determine what may be right for you.



Tracking your symptoms

Whether you're near or far from menopause, the key is knowing what's "normal" for you. Use the log below to begin. Review it month to month to identify potential patterns and be better prepared to discuss them with your health care provider.



In the past (day, week, month), I've experienced the following:

Change/symptom	Describe briefly	Score severity on scale of 1 (mild) to 5 (severe)	Time frame (today, past week, past month)
Mood, such as: <ul style="list-style-type: none"> • Emotional shifts (cranky, sad, anxious) • Decreased libido 			
Related to menstrual, such as: <ul style="list-style-type: none"> • Irregularity in period • Tender breasts • Vaginal dryness • Pain during sexual intercourse 			
Sleep, such as: <ul style="list-style-type: none"> • Night sweats • Trouble sleeping • Waking up more often 			
Cognitive, such as: <ul style="list-style-type: none"> • Brain fog • Difficulty focusing or remembering 			
Physical, such as: <ul style="list-style-type: none"> • Hot flashes or sudden changes in body temperature • Weight gain, bloating, shifts in body composition • Aches and pains in joints, back or other areas • Less energy, less strength, faster heartbeat 			
Other			

Sources

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