

Cheat sheet 1: Keep receipts with a peri symptom tracker

Welcome to your Perimenopause Symptom Tracker, because we're done with doctors giving us the 'you're just stressed' routine. This is your ultimate weapon to show the doctor you're not losing your mind! This bad boy is your evidence, your proof and your peri-powered tool to show them you're not imagining things. We're tracking everything. This page is designed to be torn out and slapped on your doctor's desk. They can't argue with cold, hard data!

How to use this tracker

Each day, jot down your symptoms, rate their severity and make notes on any changes you notice. The more detailed you are, the better you'll be equipped to advocate for yourself.

Symptom severity guide

- **1–3:** Mild, but annoying ('Meh, I can deal')
- **4–6:** Moderate, frustrating (like a slow wi-fi connection)
- **7–9:** Severe, life-altering (you might want to bite someone)
- **10:** Extreme (you've googled 'early retirement' at least once today)

Remember: This is about *you* knowing what's going on in your body. It's also about having the receipts when your doctor needs a nudge to take things seriously. You're not making this up. Keep this tracker handy, fill it out and don't be afraid to push back if your doc tries to fob you off.

Rip this out. Stick it to the fridge. Throw it in your bag. Or just keep notes in your phone. Whatever suits you. You've got this.



SYMPTOM TRACKER

Date: _____

How were your symptoms today?

Symptom	Severity (1 =mild, 10 = send help)	Notes (changes,triggers, etc.)
Hot flushes/night sweats		
Depression/anxiety		
Irritability/mood swings		
Sleep issues		
Fatigue		
Heart palpitations		
Brain fog		
Aches and pains		
Weight changes		
Vaginal dryness		
Low libido		
Other (because peri is full of surprises)		

PERIOD TRACKER

[illegible]