

Below are the most common perimenopause symptoms.
rate your symptoms on a 0-10 scale. Re-evaluate every 6 months.

ZERO BEING YOU DON'T HAVE THE SYMPTOM and 10 THAT YOU HAVE IT EVERY DAY.

Symptom	Date	Date	Date
Loss of libido/sex drive			
Changes in mood			
Vaginal dryness/itching			
Irregular periods			
Heavy bleeding/clotting			
Hot flushes/flushes			
Difficulty sleeping			
Joint pain			
Dry skin			
Weight gain			
Digestive/Gut issues			
Allergy/Histamine Changes			
Pain during sex			
Memory loss			
Dry/itchy/stinging eyes			
Heart palpitations			
Hair Loss/Thinning			
Night sweats/temperature changes			

