

MENOPAUSE TRACKER



As stated in the NICE guidelines, any person aged 45 years + should be diagnosed with perimenopause/as going through perimenopause based on aspects that are bothering them, rather than FSH hormone testing, which can be unreliable as we get older. This is adapted from the Greene Climacteric Scale used by many healthcare professionals.

It's used to make a note of the symptoms you are experiencing, so you can start to become aware of these and notice what triggered them.

Please use the scale below to show the impact each symptom has on you:



Symptom	Impact	Details
Anxiety		
Low mood		
Depression		
Mood swings		
Crying spells		
Brain fog		
Loss of confidence		
Poor concentration		
Poor memory		
Reduced self esteem		
Irritability		
Palpitations		
Difficulty sleeping		

MENOPAUSE TRACKER



Symptom	Yes	No	Details
Tired/lacking energy			
Headaches			
Painful/aching joints			
Hot flushes			
Night sweats			
Changes to periods			
Vaginal symptoms			
Urinary symptoms			
Loss of libido			
Feeling dizzy/faint			
Dry eyes/ears			
Oral health changes			
Thinning hair			
Dry/itchy skin (formication)			
Tinnitus			
Restless legs			
Change to body odour			
Increased allergies			
Digestive issues			