

ENDODAD76 • HUMAN FIRST

Perimenopause & menopause tracker

Because “I don’t feel like myself” is information worth taking seriously.

A practical download from Mike Baker HQ

Companion to Man vs. Menopause by Mike Baker

BELIEVE HER THE FIRST TIME



Track the change, not your worth

Perimenopause and menopause look different for everyone. A tracker cannot tell you whether a symptom is hormonal, but it can help you see timing, frequency, severity, and impact.

A plain definition

Perimenopause is the transition leading up to menopause. Menopause is reached after 12 months without a period, when that is not explained by another cause. Symptoms can continue afterward.

A useful boundary

This resource helps you notice patterns, prepare for conversations, and ask for care. It is not medical advice, a diagnostic test, or a substitute for a qualified healthcare professional. If symptoms are severe, sudden, frightening, or feel like an emergency, seek urgent medical help.

HEALTH INFORMATION SOURCES

Prepared with reference to current patient guidance from the American College of Obstetricians and Gynecologists (ACOG), the U.S. Office on Women's Health, the NHS, and The Menopause Society. Accessed July 2026.

acog.org/womens-health/faqs/endometriosis · womenshealth.gov/menopause · nhs.uk/conditions/menopause-and-perimenopause · menopause.org/patient-education



Daily symptom record

DATE / PERIOD OR SPOTTING TODAY?

WHAT SHOWED UP TODAY

- | | |
|---|---|
| ☐ Cycle changes | ☐ Irritability |
| ☐ Hot flushes | ☐ Headache/migraine |
| ☐ Night sweats | ☐ Palpitations |
| ☐ Sleep disruption | ☐ Joint/muscle pain |
| ☐ Fatigue | ☐ Vaginal dryness/discomfort |
| ☐ Brain fog | ☐ Urinary changes |
| ☐ Memory trouble | ☐ Libido changes |
| ☐ Low mood | ☐ Skin/hair changes |
| ☐ Anxiety | ☐ Other |

MOST DISRUPTIVE SYMPTOM AND SEVERITY (0-10)

SLEEP: BEDTIME, WAKE TIME, AWAKENINGS, NIGHT SWEATS

MOOD / ENERGY / FOCUS

POSSIBLE TRIGGERS AND WHAT HELPED



Cycle and bleeding record

Record changes without assuming they are 'just menopause.' A clinician can help rule out other causes.

FIRST DAY OF BLEEDING

LAST DAY OF BLEEDING

- | | |
|--|--|
| ☐ Spotting | ☐ Clots |
| ☐ Light flow | ☐ Bleeding after sex |
| ☐ Moderate flow | ☐ Bleeding after 12 months without a period |
| ☐ Heavy flow | |

HOW WAS THIS DIFFERENT FROM MY USUAL PATTERN?

PAIN, DIZZINESS, BREATHLESSNESS, WEAKNESS OR OTHER SYMPTOMS

Please get it checked

Bleeding after 12 months without a period should be assessed promptly. Seek urgent help for very heavy bleeding, fainting, severe pain, chest pain, breathing difficulty, or anything that feels unsafe.



Weekly pattern summary

DATES COVERED

THE THREE CHANGES AFFECTING ME MOST

WHAT AFFECTED WORK, RELATIONSHIPS, SLEEP OR DAILY LIFE?

WHAT I TRIED AND WHETHER IT HELPED

QUESTIONS OR TREATMENT PREFERENCES TO DISCUSS

MY PRIORITY FOR THE NEXT APPOINTMENT