

The Women Living Better® Perimenopause Snapshot Tool

We've created this 4-step "perimenopause snapshot" worksheet to help you think holistically about your experience and get the most out of your healthcare appointment. Reviewing and updating this every few months will help you keep track of what's changing, what's gotten better and what might need attention.

Step 1: Note your symptoms and menstrual cycle changes

Symptoms come and go as we traverse this many-year transition.

Your symptoms

What would you most like help with? Does anything make your symptoms better or worse?

Symptom	Frequency		Changes over past 3 to 6 months?	Linkages	
	Weekly	Monthly		Cycle?	Sleep? Food?
	# of times/week	# of times/month		Before your period? Midcycle?	Alcohol? Sugar?
#1					
#2					
#3					

Your menstrual cycles

You and your healthcare provider can learn a lot from looking at your menstrual history. Shortening cycles is one of the first signs of perimenopause.

Cycle length

Calculate cycle length: Take the first day of bleeding/flow from one cycle and count the days up to, but not including, the first day of your next period. Example, if your first day of bleeding was June 2nd and then your next period started on June 29th, your cycle length would be 27 days.

Lengths of recent cycles: _____, _____, _____, _____, _____, _____

→ Has your cycle length changed from 2-3 years ago? 5 years ago? 10 years ago?

Menstrual flow

Duration of flow (# of days of flow)			Amount of flow How heavy or light?	
How many days does your period last?	Have the # of days of flow changed? More or fewer days? If yes, over what timeframe has it changed?	Are you spotting between periods?	Has your amount of flow changed? If yes, over what timeframe has it changed?	Has the pattern of flow changed?
1 2 3	Yes No	Yes No	Yes No	Yes No
4 5 6	more fewer		heavier lighter	how?
7 8+	years months		years months	

Step 2: Consider how you might support your body

Our bodies need extra support during perimenopause. What might you try to see if it helps your symptoms?

- Daily walking or other movement?
- Meditative practice? Breathing techniques?
- Hydration? Eating differently?
- Prioritizing sleep?

Step 3: Note remedies of interest to research and ask your healthcare provider about

The number of options for managing perimenopause continues to grow. Research options, talk to friends, get input from your healthcare provider and then make the choice that is best for you. Be cautious of health claims from people selling products.

Step 4: Note expectations for your appointment

It's helpful to pre-think what you hope to get out of your appointment. This is different for each of us.

- An understanding of what's causing your symptoms/acknowledgement that symptoms might be linked to hormonal changes
- Ideas for lifestyle changes that might improve symptoms
- Information about medications? Supplements?
- A referral to another provider

Appointment notes