

BODY & RITUAL FOR THE CHANGE

NEW • DIFFERENT • REPEATING

My Symptom Tracker

Nobody sends you a notification saying, “Congratulations, perimenopause has begun.” So this tracker is about noticing what is changing from *your* normal — without convincing yourself that every ache, bad mood or missing pair of glasses is hormonal.

Notice it. Track it. Look for patterns. Get help when something doesn't feel right.

Start with your baseline

Date I started tracking:	Age:	Usual cycle length:
My periods are usually:	My sleep is usually:	My energy is usually:
My mood is usually:	My headaches/pain pattern:	Anything else that is 'normal for me':

NEW • DIFFERENT • REPEATING

NEW Have I never had this before?	DIFFERENT Is a familiar symptom changing?	REPEATING Is it starting to form a pattern?
---	---	---

Possible changes to notice

■ Period timing / skipped periods	■ Heavier or lighter bleeding	■ Period or pelvic pain
■ Hot flushes / feeling suddenly hot	■ Night sweats	■ Sleep changes
■ Fatigue / energy	■ Mood / irritability / anxiety	■ Concentration / memory
■ Headaches / migraines	■ Palpitations	■ Muscle / joint aches
■ Skin / hair changes	■ Libido	■ Vaginal / vulval changes
■ Bladder / urinary changes	■ Breast tenderness	■ Other

Remember: this is not a diagnostic checklist. You may have two symptoms, twenty symptoms, or barely notice the transition. The aim is to know *your* body well enough to spot meaningful change.

BODY & RITUAL FOR THE CHANGE

Use one line per day, or just record days when something changes.

Cycle & Symptom Log

0-10: 0 = no impact, 10 = severe impact. You are looking for patterns, not perfect data.

BODY & RITUAL FOR THE CHANGE

After a few weeks or cycles, zoom out.

My Pattern Finder

What keeps repeating?	Does it happen at a particular point in my cycle?
What seems to make it better?	What seems to make it worse?
What affects my work / relationships / sleep / daily life?	What would I like help with?

My cycle, my seasons

The four-seasons idea is a **metaphor**, not a medical staging system. Don't force yourself to feel how a chart says you should. Your 'summer' might be energetic — or it might be the point when you want everyone to leave you alone. Track *your* pattern.

WINTER Menstruation How do I actually feel? What do I need?	SPRING Follicular phase How do I actually feel? What do I need?	SUMMER Around ovulation How do I actually feel? What do I need?	AUTUMN Luteal phase How do I actually feel? What do I need?
---	---	---	---

BODY & RITUAL FOR THE CHANGE

Because not everything is 'just hormones'.

When to Get Medical Advice

Perimenopause can cause real changes, but a tracker should never become a reason to ignore something worrying. Speak to a healthcare professional about symptoms that are new, persistent, severe, getting worse, or affecting your everyday life.

Bleeding changes	Seek medical advice for bleeding that worries you, is very heavy, occurs between periods or after sex. Any bleeding after menopause (after 12 months without a period) should be checked.
Pain	New, severe, persistent or worsening pelvic/abdominal pain deserves assessment rather than automatically being labelled ovulation or menopause.
Headaches	A new or substantially changed headache pattern, especially severe or accompanied by neurological symptoms, needs medical assessment.
Chest / breathing / palpitations	Urgent or severe chest pain, breathing difficulty, fainting, or concerning palpitations should not be assumed to be menopause.
Mental health	If mood symptoms become severe, you feel unsafe, or you have thoughts of harming yourself, seek urgent professional help.

Take this to an appointment

The three changes I most want to discuss:	When I first noticed them:
How they affect my daily life:	Questions I want to ask:
Medicines / contraception / supplements I use:	Anything else my clinician should know:

A note from Body & Ritual: This tracker is for awareness and education; it does not diagnose perimenopause or replace medical care. Use it to understand your own patterns and to make conversations with healthcare professionals easier.

You don't need to fear the Change. You need information, options, and a better understanding of your own body. You've got this.