

Peri/menopause Symptoms

Choose up to 12 symptoms that you would like to track and then add them to your preferred chart (daily or weekly)

- Poor sleep
- Hot flashes
- Night sweats
- Muscle and joint pains
- Breathing difficulties
- Urinary incontinence
- Urgency with urination
- Vaginal dryness, soreness
- Yeast infections
- UTI
- Dry or itchy skin
- Dry eyes
- Thinning hair
- Brain fog
- Loss of interest in sex and/or level of arousal
- Heart Palpitations
- Sore breasts
- Breast swelling
- Bloating
- Feeling fat
- Increased appetite
- Increased cravings
- Low mood
- Irritability
- Anxiety
- Feeling tense or nervous
- Memory problems
- Attacks of anxiety or panic
- Difficulty concentrating
- Loss of interest in most things
- Feeling unhappy or depressed
- Crying spells
- Irritability
- Mood swings
- Loss of confidence
- Reduced self-esteem

