

Perimenopause Symptom Snapshot

NOTICE PATTERNS. NAME WHAT HAS CHANGED.

DECIDE WHAT COMES NEXT.

A private, self-guided tool to help you organize what you are experiencing, recognize patterns over time, and prepare for a more useful conversation with a qualified healthcare professional.

YOUR ANSWERS STAY WITH YOU

Power Reset Path does not receive or store your completed Symptom Snapshot. Download it. Print it or write on it digitally. Keep it for yourself, compare it over time, or choose to share it with a healthcare professional.

THIS IS NOT A TEST YOU PASS.

There is no diagnostic score. A short list can still matter if one symptom is disrupting your life. A long list does not automatically mean every change is caused by perimenopause.

DATE COMPLETED

AGE (OPTIONAL)

THE BIGGEST CHANGE I HAVE NOTICED

Designed with intention. Grounded in evidence and experience.

Educational resource only | Power Reset Path | Megan Fain, PT

Before You Begin

Use this snapshot to notice—not to prove, minimize, or diagnose.

HOW TO USE IT

1**Mark what is happening now.**

Circle a severity number based on the last 2-4 weeks, unless a different time frame is more useful to you.

2**Notice what is new or different.**

A symptom may not be new, but its frequency, intensity, timing, or impact may have changed.

3**Look for patterns—not a total score.**

Consider timing, triggers, cycle changes, medications, stress, illness, sleep, and other context.

4**Choose your next conversation.**

Bring the pages you want to share. You never have to hand over the entire document.

KEEP THE CONTEXT

Perimenopause can affect many parts of health, but symptoms can also have other causes. New, severe, persistent, or concerning symptoms deserve individualized evaluation. Pregnancy is still possible during perimenopause until menopause is confirmed.

YOUR RATING KEY

0

Not present

1

Mild - noticeable, little interference

2

Moderate - affects comfort or function

3

Severe - significantly disruptive or distressing

Your Symptom Snapshot

Start with cycles, temperature, sleep, mood, and nervous-system changes.

Cycles + Bleeding

	SEVERITY NOW				NEW / CHANGED?	
Circle: 0 not present 1 mild 2 moderate 3 severe					YES	NO
Periods closer together, farther apart, or skipped	0	1	2	3	☐	☐
Flow heavier or lighter than usual	0	1	2	3	☐	☐
Bleeding lasts longer or shorter than usual	0	1	2	3	☐	☐
Spotting or bleeding between periods	0	1	2	3	☐	☐
More cramping, clots, or pelvic discomfort	0	1	2	3	☐	☐

Temperature + Sleep

	SEVERITY NOW				NEW / CHANGED?	
Circle: 0 not present 1 mild 2 moderate 3 severe					YES	NO
Hot flashes or sudden heat	0	1	2	3	☐	☐
Night sweats or chills	0	1	2	3	☐	☐
Difficulty falling asleep	0	1	2	3	☐	☐
Waking during the night or too early	0	1	2	3	☐	☐
Unrefreshing sleep or daytime sleepiness	0	1	2	3	☐	☐

Your Symptom Snapshot

Continue with emotional, cognitive, energy, and body changes.

Mood + Nervous System

	SEVERITY NOW				NEW / CHANGED?	
Circle: 0 not present 1 mild 2 moderate 3 severe					YES	NO
Irritability, anger, or lower stress tolerance	0	1	2	3	☐	☐
Anxiety, worry, panic, or feeling on edge	0	1	2	3	☐	☐
Low mood, tearfulness, or loss of enjoyment	0	1	2	3	☐	☐
Feeling overwhelmed, overstimulated, or unlike yourself	0	1	2	3	☐	☐

Thinking + Energy

	SEVERITY NOW				NEW / CHANGED?	
Circle: 0 not present 1 mild 2 moderate 3 severe					YES	NO
Difficulty concentrating or mental fog	0	1	2	3	☐	☐
Forgetfulness or word-finding difficulty	0	1	2	3	☐	☐
Fatigue, reduced stamina, or an energy crash	0	1	2	3	☐	☐
Reduced motivation or difficulty initiating tasks	0	1	2	3	☐	☐

SOMETHING IMPORTANT THAT IS NOT LISTED

Your Symptom Snapshot

Body, sexual, pelvic, and bladder changes are worth naming, too.

Body Changes

	SEVERITY NOW				NEW / CHANGED?	
Circle: 0 not present 1 mild 2 moderate 3 severe					YES	NO
Headaches or migraine pattern changes	0	1	2	3	☐	☐
Joint aches, muscle aches, or reduced recovery	0	1	2	3	☐	☐
Heart racing, pounding, or noticeable palpitations	0	1	2	3	☐	☐
Breast tenderness, bloating, or body-composition changes	0	1	2	3	☐	☐
Skin, hair, mouth, or other dryness/texture changes	0	1	2	3	☐	☐

Sexual + Pelvic + Bladder

	SEVERITY NOW				NEW / CHANGED?	
Circle: 0 not present 1 mild 2 moderate 3 severe					YES	NO
Vaginal or vulvar dryness, burning, or irritation	0	1	2	3	☐	☐
Pain or discomfort with sexual activity	0	1	2	3	☐	☐
Change in desire, arousal, or sexual response	0	1	2	3	☐	☐
Urinary urgency, frequency, leakage, or nighttime trips	0	1	2	3	☐	☐
Repeated UTI-like symptoms, pelvic pressure, or pelvic pain	0	1	2	3	☐	☐

See the Pattern

Symptoms matter. So do timing, context, and impact.

WHEN DOES IT HAPPEN?

- | | |
|--|---|
| ☐ Daily | ☐ Several times a week |
| ☐ A few times a month | ☐ Around my period |
| ☐ Unpredictably | ☐ Not sure yet |

WHAT MAY BE CONNECTED?

- | | |
|---|---|
| ☐ Cycle timing | ☐ Sleep disruption |
| ☐ Stress or overload | ☐ Heat/environment |
| ☐ Food/alcohol/caffeine | ☐ Exercise or recovery |
| ☐ Medication/supplement change | ☐ Illness or another health change |

WHAT I NOTICE ABOUT TIMING OR TRIGGERS

WHERE IS THIS AFFECTING MY LIFE?

- | | |
|--|---|
| ☐ Sleep | ☐ Work |
| ☐ Relationships | ☐ Parenting/caregiving |
| ☐ Exercise/movement | ☐ Sexual well-being |
| ☐ Daily tasks | ☐ Sense of self |

DO NOT LET THE CHECKBOXES OVERRULE YOU

If one symptom is making your life smaller, exhausting you, frightening you, or interfering with function, it is worth discussing—even if everything else is mild.

Choose What Comes Next

Turn a symptom list into a clearer, more useful conversation.

THE THREE CHANGES AFFECTING ME MOST

WHEN THEY BEGAN—AND HOW THEY HAVE CHANGED

WHAT I HAVE ALREADY TRIED—AND WHAT HAPPENED

WHAT DO I WANT FROM THIS VISIT?

- | | |
|--|---|
| ☐ Help ruling out other causes | ☐ A clearer explanation of what may be happening |
| ☐ Treatment options and tradeoffs | ☐ Help with one priority symptom |
| ☐ A referral or additional evaluation | ☐ A plan for follow-up |

MY MOST IMPORTANT QUESTION

A USEFUL OPENING SENTENCE

“These changes are affecting my daily life. I would like help understanding possible causes and my options.”

When Not to Wait

This worksheet cannot determine whether a symptom is urgent.

GET URGENT OR EMERGENCY HELP NOW

Call 911 or seek emergency care for symptoms such as chest pain; severe trouble breathing; fainting; sudden weakness, numbness, confusion, or difficulty speaking; immediate danger; or changing pads or tampons every hour for more than 2 hours with chest pain, shortness of breath, or lightheadedness. If you may harm yourself or are in emotional crisis in the U.S., call or text 988.

CONTACT A QUALIFIED HEALTHCARE PROFESSIONAL

- Bleeding or spotting after 12 months without a period
- Bleeding between periods, after sex, or bleeding that is unusually heavy, prolonged, or concerning
- New, severe, persistent, rapidly changing, or unexplained symptoms
- Symptoms that interfere with sleep, work, relationships, movement, sexual health, or daily function
- Possible pregnancy, medication effects, or another health condition that needs evaluation

WHAT THIS SNAPSHOT CAN—AND CANNOT—DO

It can help you organize observations and communicate impact. It cannot diagnose perimenopause, exclude other causes, interpret bleeding, or recommend individualized treatment. Keep using your own judgment and seek care when something feels wrong.

SOURCES + REVIEW

Symptom and safety language informed by the U.S. Office on Women's Health ([womenshealth.gov/menopause](https://www.womenshealth.gov/menopause)), the American College of Obstetricians and Gynecologists ([acog.org/womens-health](https://www.acog.org/womens-health)), and the 988 Suicide & Crisis Lifeline (988lifeline.org). Accessed September 2026.

This educational resource is not medical advice, diagnosis, emergency screening, or a substitute for care from a qualified healthcare professional. Power Reset Path does not receive or store your completed copy unless you independently choose to share it as part of a separately requested service.

Your body is giving you information. Get curious—and get support when you need it.