

LAIMA WELLNESS

Perimenopause & Midlife Symptom Checklist

This checklist is designed to help identify patterns commonly associated with perimenopause and hormonal transition.

Name		Date	
Age		Last menstrual period	
Primary concerns			

Cycle & Hormonal Changes

	Symptom	Frequency / Notes
☐	Irregular cycles	
☐	Heavier bleeding	
☐	Lighter periods	
☐	Skipped periods	
☐	Breast tenderness	
☐	Worsening PMS symptoms	
☐	New onset migraines or headaches	
☐	Changes in libido	

Sleep & Energy

	Symptom	Frequency / Notes
☐	Difficulty falling asleep	
☐	Waking during the night	
☐	Night sweats	
☐	Morning fatigue	
☐	Energy crashes	
☐	Needing more caffeine to function	

Mood & Cognitive Changes

	Symptom	Frequency / Notes
☐	Increased anxiety	
☐	Mood swings	
☐	Irritability	
☐	Feeling emotionally flat	
☐	Brain fog	
☐	Difficulty concentrating	
☐	Forgetfulness	
☐	Feeling overwhelmed more easily	

Metabolism & Body Composition

	Symptom	Frequency / Notes
☐	Weight gain despite no major changes	_____
☐	Increase in abdominal weight	_____
☐	Loss of muscle tone	_____
☐	Increased sugar cravings	_____
☐	Difficulty recovering after exercise	_____
☐	Changes in cholesterol or blood sugar	_____

Skin, Hair & Physical Changes

	Symptom	Frequency / Notes
☐	Hair thinning	_____
☐	Dry skin	_____
☐	Joint pain or stiffness	_____
☐	Hot flashes	_____
☐	Palpitations	_____
☐	Decreased exercise tolerance	_____

Lifestyle & Stress Factors

	Symptom	Frequency / Notes
☐	High stress levels	_____
☐	Caregiver stress	_____
☐	Major life transitions	_____
☐	Recent illness or surgery	_____
☐	Poor work-life balance	_____
☐	Feeling disconnected from yourself or your body	_____

Additional Notes or Questions for Your Visit
