Maybe It's a SYMPTOM TRACKER

Track. Understand. Take control.
You know your body best.

You matter



- Notice patterns
- Understand your triggers
- Empower your conversations
- Your experience matters

A supportive space for you

brought to you by
Maybe it's Menopause Mayhem

HOW TO USE YOUR *Symptom Tracker*

This tracker is here to help you tune in, notice patterns and take control of your wellbeing.

There are no right or wrong answers – just your experience.





1 DAILY CHECK-IN

Each day, rate your symptoms from 1 (low) to 5 (severe).
It only takes a few minutes.



2 SPOT PATTERNS

Look back over the week to see any trends or triggers. Knowledge is power.



3 REFLECT & UNDERSTAND

Use the reflection and notes sections to explore what helps, what doesn't and how you're really feeling.



4 START CONVERSATIONS

Use your insights to have clearer conversations with your manager, GP or support network.
You deserve to be heard.



5 BE KIND TO YOURSELF

There will be good days and tougher days.
This is your journey, in your time.
You are doing your best.





Please remember...

Your experience is valid. Your health matters.
Your voice matters.

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Hot flushes	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Night sweats	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Sleep	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Mood	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Anxiety	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Energy	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Brain fog	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Headaches	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Joint pain	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Hair changes	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Other (add your own)	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	

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WEEKLY REFLECTION

What patterns am I noticing?

What made things better this week?

What made things harder?

TRIGGERS & LIFESTYLE

Sleep	
Diet	
Hydration	
Stress	
Exercise / Movement	
Work environment	
Other	

IN YOUR OWN WORDS

(This is the most important bit – how it actually feels)

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Night sweats	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Sleep	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Mood	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Anxiety	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Energy	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Brain fog	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Headaches	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Joint pain	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Hair changes	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Other (add your own)	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	

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What made things harder?

TRIGGERS & LIFESTYLE

Sleep	
Diet	
Hydration	
Stress	
Exercise / Movement	
Work environment	
Other	

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Night sweats	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Sleep	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Mood	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Anxiety	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Energy	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Brain fog	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Headaches	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
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Hair changes	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Other (add your own)	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	

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Hydration	
Stress	
Exercise / Movement	
Work environment	
Other	

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Night sweats	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Sleep	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Mood	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Anxiety	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Energy	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Brain fog	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Headaches	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Joint pain	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Hair changes	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Other (add your own)	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	

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Hydration	
Stress	
Exercise / Movement	
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Other	

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Night sweats	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Sleep	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Mood	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Anxiety	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Energy	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Brain fog	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Headaches	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Joint pain	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Hair changes	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	
Other (add your own)	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	

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Supplements INFORMATION

Key nutrients that may support you *during perimenopause*

CALCIUM + VITAMIN D
Support bone health, mood and immune function.
Found in dairy, leafy greens, fortified foods and sunlight.

MAGNESIUM
May help with sleep, anxiety, muscle cramps and energy.
Found in nuts, seeds, wholegrains and leafy greens.

OMEGA 3
Supports mood, brain health and reduces inflammation.
Found in oily fish, flaxseeds, chia seeds and walnuts.

VITAMIN B COMPLEX
Supports energy, hormone balance and nervous system.
Found in wholefoods, eggs, beans and leafy greens.

VITEX (CHASTE TREE)
May support hormone balance and PMS-like symptoms.
Always check with a healthcare professional first.

PROBIOTICS
Support gut health, immunity and may help with bloating and mood.

REMEMBER:
Supplements are not a magic fix.
A balanced diet, movement, sleep and self-care are just as important.

Always consult your GP or pharmacist if you're unsure.

You know your body best.
Listen to it. Nourish it. Support it.

Your journey matters

Perimenopause is a season of change, growth and transformation.
It can be challenging, confusing and overwhelming at times.
...but it can also be a time of *rediscovery, strength* and *new beginnings.*

- *You are not broken.* Your body is not the enemy.
- *You are allowed to slow down,* rest and put yourself first.
- *You are stronger* than you think.
- *You deserve support,* kindness and understanding.
- *You are not alone –* we're in this together.

Let's navigate this journey together.



You don't have to navigate *perimenopause alone.*
We see you. We hear you. We're with you.

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Maybe it's Menopause Mayhem ♡

Real talk.
Real support.
Real women.

You don't have to
navigate this
journey alone.

LISTEN TO THE
Maybe it's Menopause Mayhem
PODCAST

Honest conversations.
Expert advice.
Practical support.
And a lot of laughs!

You are *not* making this up.
You are *not* overreacting.
You are *not* alone.
You are enough, just as you are.

♥ CONNECT & FOLLOW ♥

WEBSITE
maybeitsmenopausemayhem.com

INSTAGRAM
@maybeitsmenopausemayhem

PODCAST
Maybe it's Menopause Mayhem

For every woman who is done suffering in silence.
Let's turn mayhem into strength. ♡

Track. Understand. Take control. ♥ You know *your* body best.