



## Perimenopause and menopause symptom checker

Use this checklist to record which symptoms you're currently experiencing, with an option to rate the severity from 1 (mild) to 3 (severe). Use the notes section to capture any other details that are important to you, including the date if you're monitoring your symptoms over time.

| Symptom                       | Y/N | Rating |   |   | Notes |
|-------------------------------|-----|--------|---|---|-------|
|                               |     | 1      | 2 | 3 |       |
| <b>Menstrual cycle</b>        |     |        |   |   |       |
| Irregular periods             |     |        |   |   |       |
| Missed periods                |     |        |   |   |       |
| Heavier flow                  |     |        |   |   |       |
| Lighter flow                  |     |        |   |   |       |
| <b>Mental health</b>          |     |        |   |   |       |
| Anxiety                       |     |        |   |   |       |
| Crying spells                 |     |        |   |   |       |
| Emotionally numb              |     |        |   |   |       |
| More emotional                |     |        |   |   |       |
| More stressed                 |     |        |   |   |       |
| Low mood/depression           |     |        |   |   |       |
| Low self-esteem/confidence    |     |        |   |   |       |
| Mood swings, irritability     |     |        |   |   |       |
| <b>Cognitive symptoms</b>     |     |        |   |   |       |
| Brain fog/trouble focusing    |     |        |   |   |       |
| Low mental energy/motivation  |     |        |   |   |       |
| Memory problems               |     |        |   |   |       |
| <b>Physical symptoms/pain</b> |     |        |   |   |       |
| Breast tenderness             |     |        |   |   |       |
| Dizziness                     |     |        |   |   |       |
| Dry or brittle nails          |     |        |   |   |       |
| Dry eyes                      |     |        |   |   |       |
| Headaches/migraines           |     |        |   |   |       |
| Heart palpitations            |     |        |   |   |       |
| Hot flushes                   |     |        |   |   |       |
| Joint aches or pain           |     |        |   |   |       |
| Muscle aches or pain          |     |        |   |   |       |

|                                  |  |  |  |  |  |
|----------------------------------|--|--|--|--|--|
| Thinning or brittle hair         |  |  |  |  |  |
| Tinnitus/ringing ears            |  |  |  |  |  |
| Tiredness/fatigue                |  |  |  |  |  |
| <b>Skin health</b>               |  |  |  |  |  |
| Acne                             |  |  |  |  |  |
| Crawling/tingling skin           |  |  |  |  |  |
| Dry or itchy skin                |  |  |  |  |  |
| <b>Oral health</b>               |  |  |  |  |  |
| Burning mouth                    |  |  |  |  |  |
| Taste/smell changes              |  |  |  |  |  |
| Dry mouth                        |  |  |  |  |  |
| Painful/infected gums            |  |  |  |  |  |
| Sensitive teeth                  |  |  |  |  |  |
| <b>Digestion and gut health</b>  |  |  |  |  |  |
| Acid reflux/heartburn            |  |  |  |  |  |
| Bloating                         |  |  |  |  |  |
| Constipation                     |  |  |  |  |  |
| Diarrhoea                        |  |  |  |  |  |
| Excess gas                       |  |  |  |  |  |
| <b>Sleep and nighttime</b>       |  |  |  |  |  |
| Night sweats                     |  |  |  |  |  |
| Poor sleep                       |  |  |  |  |  |
| Restless legs                    |  |  |  |  |  |
| <b>Sexual and urinary health</b> |  |  |  |  |  |
| Pain/discomfort during sex       |  |  |  |  |  |
| Reduced sex drive                |  |  |  |  |  |
| Urinary/bladder infections       |  |  |  |  |  |
| Vaginal dryness/itching          |  |  |  |  |  |
| Vaginal infections               |  |  |  |  |  |
| <b>Body shape</b>                |  |  |  |  |  |
| Body composition changes         |  |  |  |  |  |
| Weight gain                      |  |  |  |  |  |

[The Better Gut](#) probiotic supplements contain friendly bacteria specially chosen to help with a wide range of menopause symptoms, from hot flashes to brain fog, digestive issues to anxiety.

To find out more, [visit the website](#). And for 10% off your first order – and regular expert advice on menopause health and nutrition – [join our newsletter community](#).

**Take your first step towards a better menopause with**  
[\*\*The Better Gut probiotic supplements\*\*](#)