

Aurelia Weekly Symptom Tracker

USING THIS TRACKER

This tracker is designed to help you notice patterns over time, not to produce perfect data. Perimenopause and menopause symptoms fluctuate. Some days will look completely unrelated to others. Patterns often appear over weeks rather than days. You do not need to fill in every box every day. A partly completed week is still useful.

The tracker separates three things:

- What your body is doing (symptoms)
- What it is affecting (daily functioning)
- What may be influencing things (context such as stress or sleep)

This often makes patterns easier to spot and can also be helpful in follow up session or if you choose to discuss symptoms with a GP or other health professional.

HOW TO RATE SYMPTOMS

/ = not present

1 = noticeable but manageable

2 = moderate, affected the day

3 = significant, interfered with normal activities

Use your own judgement. Consistency matters more than precision.

A NOTE ON PATTERNS

Not every difficult day is hormonal.

Not every hormonal day looks the same.

This tracker is a tool for noticing, not diagnosing.

Aurelia Weekly Symptom Tracker

REFERENCE LIST OF SYMPTOMS ASSOCIATED WITH PERIMENOPAUSE AND MENOPAUSE

You do not need to track all of these. The weekly sheet includes the most common and most useful to monitor regularly. This list is here for awareness and to help you recognise possible patterns.

MENSTRUAL AND HORMONAL CHANGES

- Irregular periods
- Heavier or lighter bleeding
- Spotting between periods
- Shorter or longer cycles
- Breast tenderness

VASOMOTOR

- Hot flushes
- Night sweats
- Chills or temperature swings

SLEEP AND ENERGY

- Difficulty falling asleep
- Waking in the night
- Early waking
- Unrefreshing sleep
- Daytime fatigue or exhaustion

MOOD AND EMOTIONAL

- Anxiety or increased worry
- Irritability or short temper
- Low mood
- Tearfulness
- Feeling overwhelmed
- Loss of confidence
- Reduced motivation

COGNITIVE

- Brain fog
- Poor concentration
- Forgetfulness or word-finding difficulty

PHYSICAL

- Headaches or migraines
- Joint pain or stiffness
- Muscle aches
- Heart palpitations
- Dizziness
- Bloating or digestive changes
- Weight or body composition changes

BLADDER, VAGINAL AND SEXUAL HEALTH

- Vaginal dryness or discomfort
- Pain with sex
- Reduced libido
- Urinary urgency or frequency
- Recurrent urinary irritation or infections

SKIN, HAIR AND SENSORY

- Dry or itchy skin
- Hair thinning or shedding
- Dry eyes
- Brittle nails
- Changes in body odour

OTHER SYMPTOMS SOMETIMES REPORTED

- Increased allergies or sensitivities
- Tingling or crawling sensations on the skin
- Changes in tolerance to heat or cold

If you notice symptoms not listed here, you can record them in the notes section. Individual experiences vary, and not everything fits neatly into lists.



Aurelia Weekly Symptom Tracker

Week of: __ / __ / __

Symptoms

Hot flushes/night sweats
Fatigue/Exhaustion
Sleep problems
Anxiety/tension
Low mood
Irritability
Brain fog/concentration
Headache
Joint/muscle pain
Urinary urgency/frequency

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Function

Physical energy/stamina
Focus/cognitive clarity
Patience/tolerance
Work capacity/productivity
Social capacity

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Context (✓ or ✗)

Poor sleep the night before
High stress day
Exercise
Alcohol

M	T	W	T	F	S	S
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Notes



Aurelia Weekly Symptom Tracker

Week of: __ / __ / __

Symptoms

Hot flushes/night sweats

Fatigue/Exhaustion

Sleep problems

Anxiety/tension

Low mood

Irritability

Brain fog/concentration

Headache

Joint/muscle pain

Urinary urgency/frequency

M

T

W

T

F

S

S

☐☐

Function

Physical energy/stamina

Focus/cognitive clarity

Patience/tolerance

Work capacity/productivity

Social capacity

M

T

W

T

F

S

S

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Context (✓ or ✗)

Poor sleep the night before

High stress day

Exercise

Alcohol

M

T

W

T

F

S

S

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Notes