

# Perimenopause Symptom Tracker

By Dr. Suganya Venkat | [menolia.in](http://menolia.in)

Track your daily symptoms using a 1-5 scale:

1 = None 2 = Mild 3 = Moderate 4 = Severe 5 = Very Severe

Daily Symptoms to Track:

- Hot flashes / Night sweats
- Sleep quality
- Mood (anxiety, irritability, sadness)
- Energy level
- Brain fog / Concentration
- Joint pain
- Menstrual flow (if applicable)

Bring this tracker to your consultations with Dr. Suganya.