



Symptoms of Perimenopause & Menopause

Check every symptom you experience. Bring this list to your next appointment.
Your symptoms are data. You deserve to be heard.

BRAIN & MOOD

☐ Anxiety	☐ Depression	☐ Mood swings
☐ Irritability / rage	☐ Brain fog	☐ Memory lapses
☐ Poor concentration	☐ Intrusive thoughts	☐ Low motivation
☐ Emotional sensitivity	☐ Panic attacks	

SLEEP

☐ Insomnia	☐ Night sweats	☐ Waking 2–4am
☐ Non-restorative sleep	☐ Vivid dreams	☐ Fatigue / exhaustion

BODY TEMPERATURE

☐ Hot flashes / flushes	☐ Cold flashes	☐ Temperature dysregulation
☐ Sweating episodes		

JOINTS & MUSCLES

☐ Joint pain / aches	☐ Muscle aches	☐ Frozen shoulder
☐ New joint stiffness	☐ Decreased muscle strength	☐ Bone density loss

HEART & CARDIOVASCULAR

☐ Heart palpitations	☐ New-onset hypertension	☐ Dizziness / lightheadedness
☐ Chest tightness		

DIGESTION & METABOLISM

☐ Bloating	☐ Weight changes	☐ Slowed metabolism
☐ New food sensitivities	☐ Nausea	☐ Constipation / IBS changes

UROGENITAL & SEXUAL HEALTH

☐ Vaginal dryness	☐ Painful sex	☐ Recurrent UTIs
☐ Urinary urgency / leaks	☐ Decreased libido	☐ Changes in arousal

SKIN, HAIR & NAILS		
☐ Skin thinning / dryness	☐ Hair thinning / loss	☐ Brittle nails
☐ Acne or breakouts	☐ Formication (skin crawling)	☐ Facial hair changes
☐ Melasma / skin spots		

OTHER SYMPTOMS		
☐ Tinnitus	☐ Dry eyes	☐ Dry mouth
☐ Gum changes	☐ Hearing changes	☐ Electric shock sensations
☐ Burning mouth	☐ Headaches / migraines	☐ Allergies / new sensitivities
☐ Altered body odor		

Notes / Questions for My Provider:

Want a deeper look?

Book a Hormone Clarity Discovery Call - a complimentary 20-min overview of your symptoms, desired changes, & options.

calendly.com/reset-with-drjess/hormone-discovery-call

W: resetwithdrjess.com E: hello@resetwithdrjess.com
 IG: [@drDanielleJ](https://www.instagram.com/drDanielleJ) | [@resetwithdrjess](https://www.instagram.com/resetwithdrjess)
 Reset With Dr. Jess, LLC | "It's not you, it's your hormones."