

Self-Care Trackers

Menstrual Cycle Change Tracker

Month:

Perimenopause often brings unpredictable shifts in your cycle. This tracker helps you observe changes in flow, frequency, and related symptoms, giving you a clearer picture of how your body is transitioning and what patterns may be emerging.

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31												

Keep an eye out for skipped cycles, spotting, longer or shorter durations, or unusual symptoms. Over time, this can help you notice trends in your perimenopause experience.

Color Key

- Spotting
- Light
- Regular
- Heavy
- Cramps
-
-
-
-
-

Perimenopause Symptoms Tracker

Week No:

Understanding the severity of your perimenopause symptoms can help you decide which areas to prioritize for management. This tracker will help you rate the severity of both your physical and emotional/cognitive symptoms.

[illegible]

Perimenopause Trigger + Relief Log

Use this space to track what symptoms you notice, what might have triggered them, and what helped. Keeping it simple can make it easier to spot patterns over time.

[illegible]

Daily Energy Tracker

Month:

Start a mindful journey with our Monthly Self-Esteem Tracker. Each day, rate your self-esteem on a scale from 1 to 10 (10 = High). This tracker is more than just a tool, it's a space to understand how perimenopause affects your emotions. By tracking daily, you'll uncover patterns and gain insights into nurturing your self-worth.

[illegible]

Notes:

Self-Esteem Tracker

Month:

Start a mindful journey with our Monthly Self-Esteem Tracker. Each day, rate your self-esteem on a scale from 1 to 10 (10 = High). This tracker is more than just a tool, it's a space to understand how perimenopause affects your emotions. By tracking daily, you'll uncover patterns and gain insights into nurturing your self-worth.

[illegible]

Daily Self-Esteem Tracker

Week No:

Embark on a journey to understand your well-being with our Perimenopause Self-Esteem Tracker. Each day, rate your self-esteem on a scale from 1 to 10 (10 = High). This tracker is more than numbers, it's a personal space to reflect on how perimenopause affects your self-esteem. By tracking consistently, you'll notice patterns, identify triggers, and gain valuable insights into nurturing your self-worth.

	Time of Day	1	2	3	4	5	6	7	8	9	10
Monday	Morning										
	Afternoon										
	Evening										
	Triggers:										
Tuesday	Morning										
	Afternoon										
	Evening										
	Triggers:										
Wednesday	Morning										
	Afternoon										
	Evening										
	Triggers:										
Thursday	Morning										
	Afternoon										
	Evening										
	Triggers:										
Friday	Morning										
	Afternoon										
	Evening										
	Triggers:										
Saturday	Morning										
	Afternoon										
	Evening										
	Triggers:										
Sunday	Morning										
	Afternoon										
	Evening										
	Triggers:										

Self-Esteem Levels Tracker

Each day, rate your self-esteem levels with color, creating a visual story of your experiences. This isn't just a tool; it's a canvas for understanding your emotions. Discover patterns and insights into your self-esteem in a simple, visual way.

Color Key:

☐ Low self-esteem ☐ Some self-doubt ☐ Balanced ☐ High self-esteem

[illegible]

Daily Self-Care Routine

Self-care is a necessity, not a luxury. It deeply influences not just your well-being, but also your relationships with family, friends, and colleagues. When self-care is overlooked, it can lead to increased tension and irritability. Regular self-care practices help you feel better and create a more positive, harmonious environment for everyone around you.

My Morning Self-Care Routine

[illegible]

My Afternoon Self-Care Routine

[illegible]

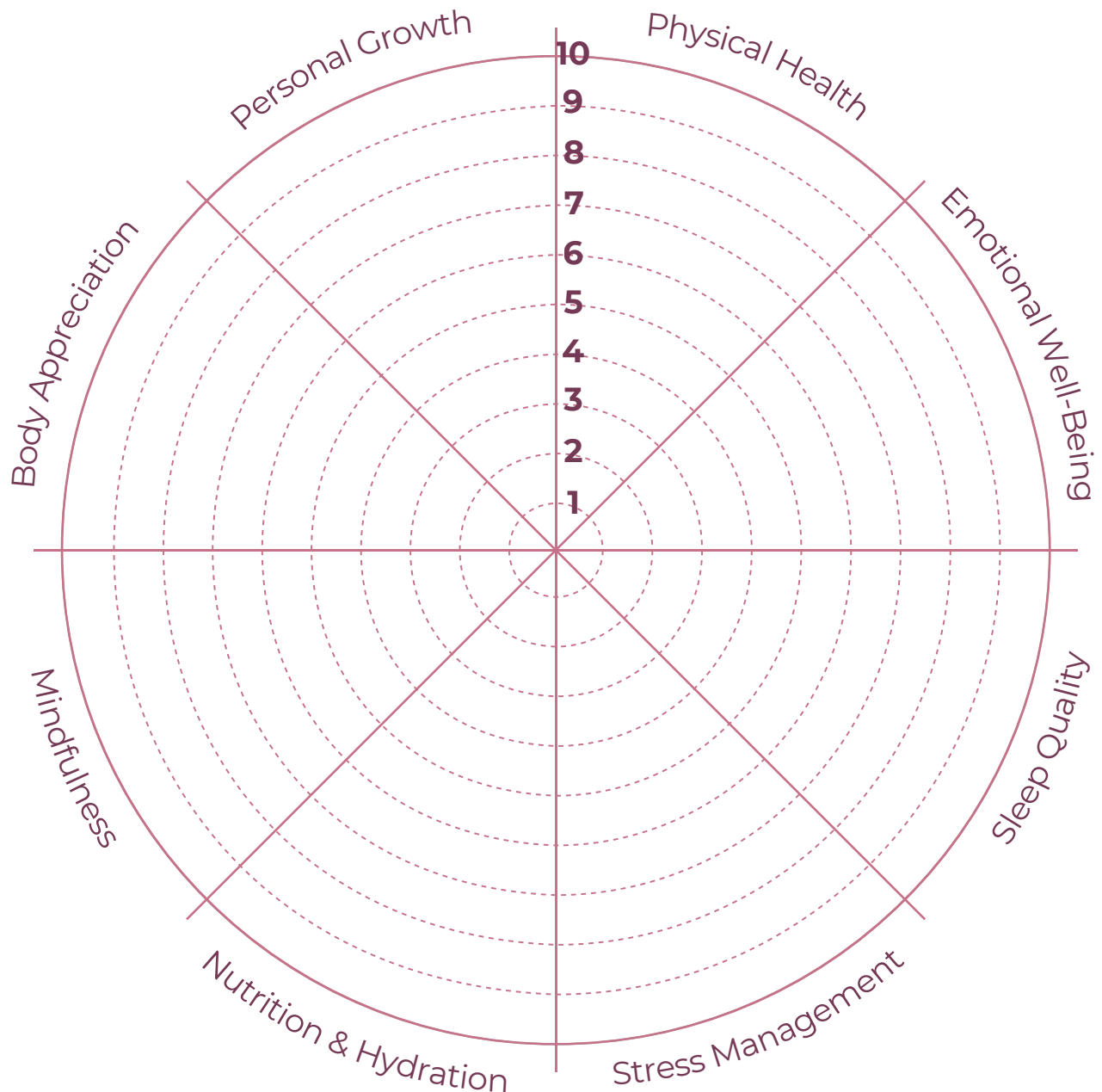
My Evening Self-Care Routine

[illegible]

Wheel of Self-Care

Date:

Track Your Perimenopause Self-Care Journey with Colors! Each shade on this wheel represents a step in caring for yourself during perimenopause. Rate each aspect from 1 to 10. This colorful guide helps you prioritize self-care and navigate perimenopause with balance and support.



Use this wheel as your ongoing perimenopause wellness tracker! Whether you revisit it every few months or once a year, it's a helpful tool to reflect on your self-care journey & progress. Each review marks a new chapter in your growth and well-being during this life transition.

Visionary Habit Journal

M T W T F S S

Date:

To gently build a habit, it's important to connect your actions with what truly matters to you. Begin by imagining the calm and satisfaction you'll feel when you achieve your goal. Let that peaceful vision inspire you, helping the habit naturally become part of your daily life.

New Habit Triumph: Picture the joy and success of integrating this habit into your routine. Describe in detail why this transformation will be wonderfully impactful for you.

Quarterly Habit Planner

Date:

How did I perform last quarter?

Things I currently do well:

1.

2.

3.

4.

Self-Care goals this quarter:

1.

2.

3.

4.

My biggest self-care goal this quarter:

Why is this goal so important to me:

Habits to help me achieve this goal:

1.

2.

3.

4.

5.

Additional notes:

Quarterly Habit Goal-Setter

Q1

Creating a habit is like paving new paths in your brain. If traditional methods like checklists feel tiring, switching to a 'journey layout' can refresh your habit-setting strategy, offering a novel and engaging way to achieve your goals.

How did I perform last quarter?

Which habits was I consistent with?

Which habits did I not succeed well at & why?

Which habits do I want to re-visit, amend or add?

Why are these habits important to me?

What is actually an achievable outcome this quarter?

Quarterly Habit Goal-Setter

Q2

Creating a habit is like paving new paths in your brain. If traditional methods like checklists feel tiring, switching to a 'journey layout' can refresh your habit-setting strategy, offering a novel and engaging way to achieve your goals.

How did I perform last quarter?

Which habits was I consistent with?

Which habits did I not succeed well at & why?

Which habits do I want to re-visit, amend or add?

Why are these habits important to me?

What is actually an achievable outcome this quarter?

Quarterly Habit Goal-Setter

Q3

Creating a habit is like paving new paths in your brain. If traditional methods like checklists feel tiring, switching to a 'journey layout' can refresh your habit-setting strategy, offering a novel and engaging way to achieve your goals.

How did I perform last quarter?

Which habits was I consistent with?

Which habits did I not succeed well at & why?

Which habits do I want to re-visit, amend or add?

Why are these habits important to me?

What is actually an achievable outcome this quarter?

Quarterly Habit Goal-Setter

Q4

Creating a habit is like paving new paths in your brain. If traditional methods like checklists feel tiring, switching to a 'journey layout' can refresh your habit-setting strategy, offering a novel and engaging way to achieve your goals.

How did I perform last quarter?

Which habits was I consistent with?

Which habits did I not succeed well at & why?

Which habits do I want to re-visit, amend or add?

Why are these habits important to me?

What is actually an achievable outcome this quarter?

Habit Breakdown

Choose one habit to focus on and take a closer look at it. You may already be practicing parts of this habit, so it's not about starting from scratch. Instead, refine what you're already doing, and strengthen it with clear intention and gentle motivation to build more consistency and see meaningful progress.

My new goal or new habit:

STOP DOING	
KEEP DOING	
DO LESS OF	
DO MORE OF	
START DOING	

My Habit Tracker

Month:

Welcome to a habit tracker designed to support your perimenopause journey. Each day you maintain your habits, mark your progress as a reminder of the care you're giving yourself. Watch as your consistency creates a visual reflection of your commitment to well-being. Whether it's a new routine or a long-term goal, this tracker transforms your efforts into a motivating display of steady progress, helping you navigate perimenopause with strength and balance.

The Habit:

1	
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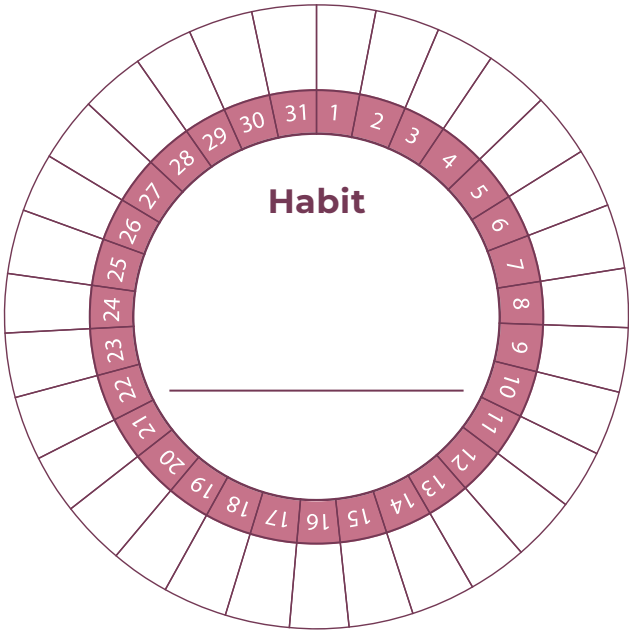
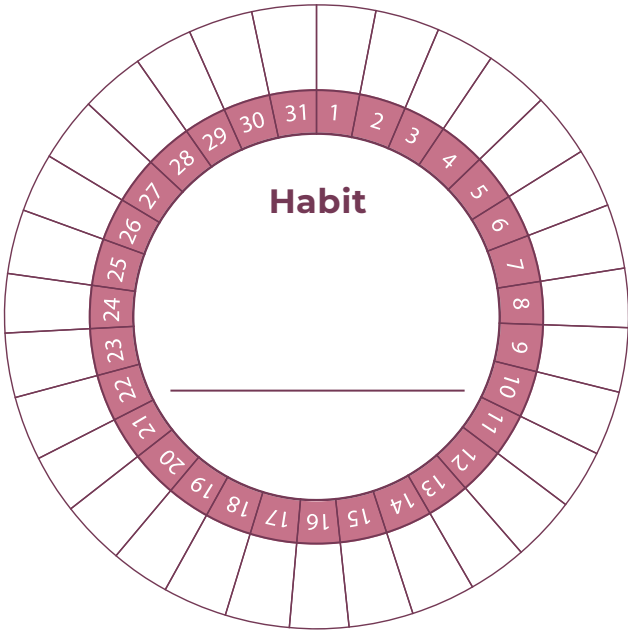
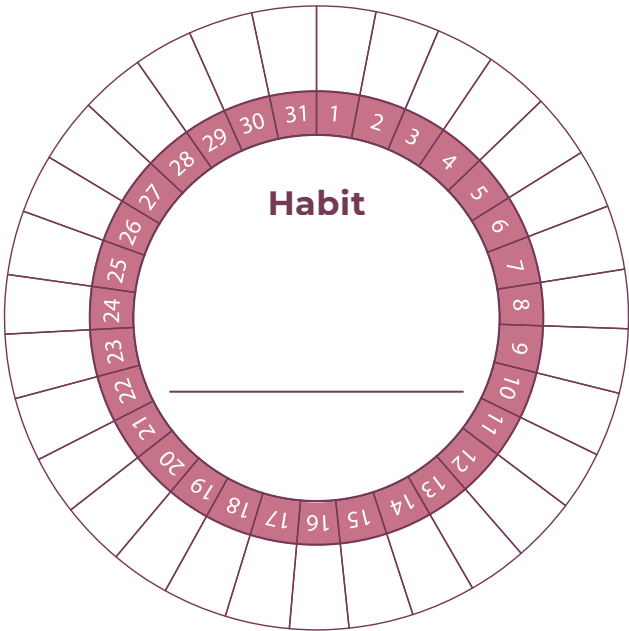
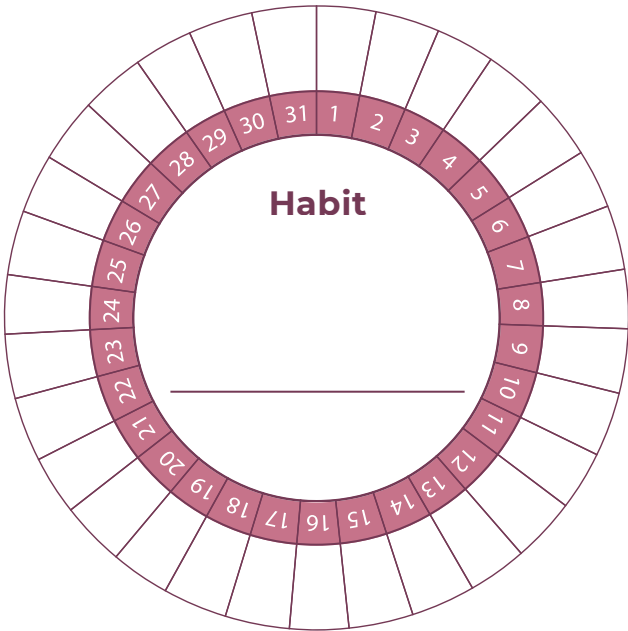
14

13

Monthly Habit Tracker

Month:

Year:



Color Key

☐	☐	☐	☐
☐	☐	☐	☐

Monthly Habit Tracker

Habit I Want to Track

January						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

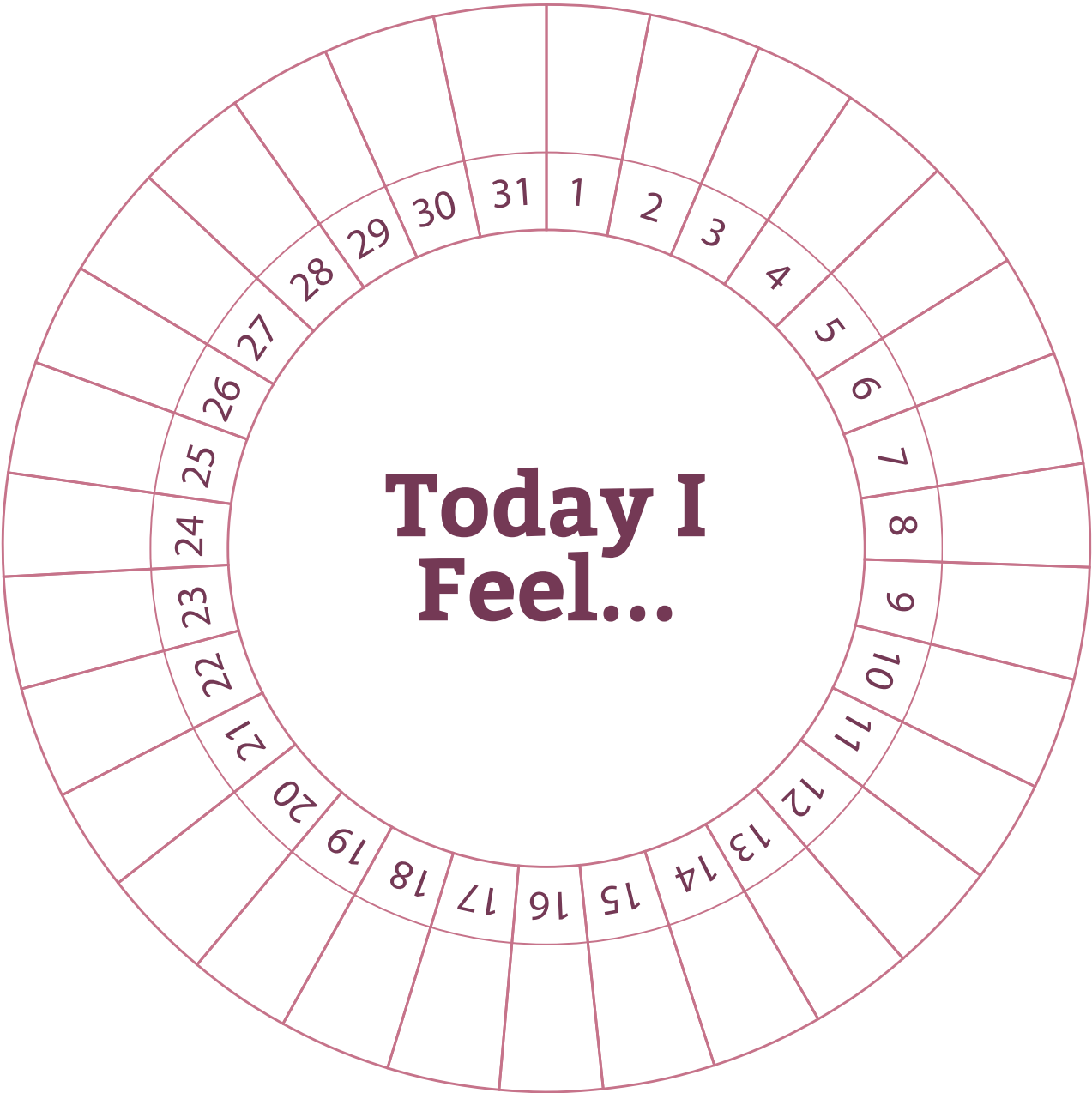
May						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Monthly Mood Tracker

Month:

Embark on an emotional journey with this perimenopause-focused mood tracker. Each day, reflect on your feelings by assigning a meaningful color, creating a visual story of your emotional well-being. This tracker is more than just a tool, it's a way to understand how perimenopause affects your mood over time, offering valuable insights into emotional patterns. Uncover these patterns in a simple, creative way that brings you closer to balance and self-compassion during this life transition.



Color Key

- | | | | | |
|------------------------------------|----------------------------------|----------------------------------|-----------------------------------|-------------------------------------|
| ☐ Happy | ☐ Calm | ☐ Excited | ☐ Tired | ☐ Frustrated |
| ☐ Irritable | ☐ Anxious | ☐ Sad | ☐ Stressed | ☐ Content |

Monthly Mood Tracker

Month:

Embark on an emotional journey with this perimenopause-focused mood tracker. Each day, reflect on your feelings by assigning a meaningful color, creating a visual story of your emotional well-being. This tracker is more than just a tool, it's a way to understand how perimenopause affects your mood over time, offering valuable insights into emotional patterns. Uncover these patterns in a simple, creative way that brings you closer to balance and self-compassion during this life transition.

DAY

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31

AM

PM

Today I Feel...

Color Key

- Happy
- Calm
- Excited
- Tired
- Frustrated
- Irritable
- Anxious
- Sad
- Stressed
- Content

Monthly Mood Tracker

Month:

Embark on an emotional journey with this perimenopause-focused mood tracker. Each day, reflect on your feelings by assigning a meaningful color, creating a visual story of your emotional well-being. This tracker is more than just a tool, it's a way to understand how perimenopause affects your mood over time, offering valuable insights into emotional patterns. Uncover these patterns in a simple, creative way that brings you closer to balance and self-compassion during this life transition.

Today I Feel...

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Color Key

Monthly Mood Tracker

Month:

Embark on an emotional journey with this perimenopause-focused mood tracker. Each day, reflect on your feelings by assigning a meaningful color, creating a visual story of your emotional well-being. This tracker is more than just a tool, it's a way to understand how perimenopause affects your mood over time, offering valuable insights into emotional patterns. Uncover these patterns in a simple, creative way that brings you closer to balance and self-compassion during this life transition.

DAY

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AM

PM

Today I Feel...

Color Key

Monthly Mood Tracker

Month:

Each day, express your feelings through color, crafting a visual story of your moods. It's not just a tool, but a canvas for your emotions. Discover patterns and insights in a simple and artistic way.

1

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31

Color Key

Yearly Mood Tracker

Year:

Track your perimenopause journey with this yearly mood tracker. Each day, express your feelings using color to create a visual story of your emotional patterns. More than just a tool, it helps you spot trends and gain insight in a clear, creative way. Let the exploration begin.

	J	F	M	A	M	J	J	A	S	O	N	D
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31												

Emotion Key

Happy ☐

Sad ☐

Angry ☐

Anxious ☐

Excited ☐

Tired ☐

Stressed ☐

Calm ☐

Inspired ☐

Nostalgic ☐

Overwhelmed ☐

Grateful ☐

Restless ☐

Bored ☐

Weekly Sleep Tracker

Week No:

Dive into your Weekly Sleep Tracker, your guide to understanding your night's rest. It's a simple, insightful way to track your sleep patterns and improve your nights. Ready for better sleep?

Bedtime Routine

1.	2.	3.	4.	5.
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	Hours of Sleep											
	1	2	3	4	5	6	7	8	9	10	11	12
Mon												
Tue												
Wed												
Thu												
Fri												
Sat												
Sun												

What did I do well this week?

What can I do better next week?

Sleep Quality Patterns

Week:

In perimenopause, it's not just about how long you sleep. Disrupted nights, night sweats, and anxiety can all affect how rested you feel. Use this tracker to go beyond the numbers and start noticing what's really impacting your sleep.

Day	Hours Slept	Woke During the Night	Night Sweats	Anxiety or Racing Thoughts	Feeling Rested (1-10)	Notes
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Monthly Steps Tracker

Month:

Number of Steps

[illegible]

Annual Walking Log

Year:

	J	F	M	A	M	J	J	A	S	O	N	D
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29												
30												
31												

Color Key

<1km

1km - 3km

3km - 5km

5km - 10km

10km+

Monthly Running Log

Month:

Date	Distance Run	Duration	Calories Burned
Total:			

Fitness Tracker

Embark on a journey with your Perimenopause Monthly Fitness Tracker, your companion in supporting your physical well-being during this transition. It's a simple and effective way to monitor your exercise and stay connected to your body's changing needs.

	J	F	M	A	M	J	J	A	S	O	N	D	Color Key
1													☐
2													☐
3													☐
4													☐
5													☐
6													☐
7													☐
8													☐
9													☐
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30													☐
31													☐

Fitness Tracker

Jumpstart your fitness adventure with our flexible 4-week tracker. Ideal for any activity level, it's undated for stress-free tracking. Simply use as required, print more if needed, and blend it effortlessly into your monthly plan.

Week of:

M T W T F S S

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☐	
☐	
☐	

Week of:

M T W T F S S

☐	
☐	
☐	
☐	

Week of:

M T W T F S S

☐	
☐	
☐	
☐	

Week of:

M T W T F S S

☐	
☐	
☐	
☐	

Daily Workout Log

Date:

Warm-up

Activity	Time	Distance	Sets	Reps

Session

Set 1

Set 2

Set 3

Activity	Reps	Kg/lb	Reps	Kg/lb	Reps	Kg/lb

Cool-down:

Activity	Time	Distance	Sets	Reps

My Weight Loss Goals

Start Date:

Target Date:

My weight loss goal:

Why is this goal important to me:

Starting measurements:

Weight	Neck	Chest	Waist	Hips	Biceps	Thighs	Calves

No.	Actions to achieve goal:	My reward for completing action
1		
2		
3		
4		
5		

Final measurements:

Weight	Neck	Chest	Waist	Hips	Biceps	Thighs	Calves

Before and After

Start Date:

Target Date:

Starting photo:



After photo:



Starting Stats:

Weight	
Neck	
Chest	
Waist	
Hips	
Biceps	
Thighs	
Calves	

Final stats:

Weight	
Neck	
Chest	
Waist	
Hips	
Biceps	
Thighs	
Calves	

Change +/-

Weight	
Neck	
Chest	
Waist	
Hips	
Biceps	
Thighs	
Calves	

Body Measurements Tracker

Month	Neck	Chest	Waist	Hips	Biceps	Thighs	Calves
Jan							
Feb							
Mar							
Apr							
May							
Jun							
Jul							
Aug							
Sep							
Oct							
Nov							
Dec							
Total +/-							

My notes:

My Weight Loss

Year:

Week No.	Weight
1	
2	
3	
4	
5	
6	
7	
8	
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10	
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42	
43	
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47	
48	
49	
50	
51	
52	
Total Loss	

My Weight Loss

Year:

Week	Weight	Change +/-
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
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13		
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16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		

Week	Weight	Change +/-
27		
28		
29		
30		
31		
32		
33		
34		
35		
36		
37		
38		
39		
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41		
42		
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45		
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47		
48		
49		
50		
51		
52		

My Daily Food Journal

M T W T F S S

Date:

	CALORIES	FAT	SAT FAT	SODIUM	CARBS	PROTEIN	SUGAR
Food / Drink							
Total:							

My Daily Food Journal

M
○

T
○

W
○

T
○

F
○

S
○

S
○

Date:

	FOOD CONSUMED	KCAL	PROTEIN	CARBS	FAT
BREAKFAST					
	TOTAL:				
LUNCH					
	TOTAL:				
DINNER					
	TOTAL:				
SNACKS					
	TOTAL:				

Calorie Tracker

Daily Target:

	J	F	M	A	M	J	J	A	S	O	N	D
1												
2												
3												
4												
5												
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30												
31												

Color Key:

Met Target

Under Target

Over Target

My Weekly Calories

Week No:

Day	Breakfast	Lunch	Dinner	Snack
M				
T				
W				
T				
F				
S				
S				
Week Total				

Weekly Meal Planner

Week No:

Day	Breakfast	Lunch	Dinner	Snack
M				
T				
W				
T				
F				
S				
S				

Weekly Meal Planner

Week No:

Mon:

Tue:

Wed:

Thur:

Fri:

Sat:

Sun:

Breakfast Options

1.

2.

3.

4.

5.

6.

7.

Lunch Options

1.

2.

3.

4.

5.

6.

7.

Snack Options

1.

2.

3.

4.

5.

6.

7.

My Food List

[illegible][illegible]

My Medical Appointments

Date of Appointment: / /		Doctor:
Topics to Discuss:	☐	Notes:
	☐	
	☐	
	☐	

Date of Appointment: / /		Doctor:
Topics to Discuss:	☐	Notes:
	☐	
	☐	
	☐	

Date of Appointment: / /		Doctor:
Topics to Discuss:	☐	Notes:
	☐	
	☐	
	☐	

Date of Appointment: / /		Doctor:
Topics to Discuss:	☐	Notes:
	☐	
	☐	
	☐	

Weekly Medication Log

Week No:

Medication & Daily Dosage	Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	am							
	am							
	pm							
	pm							
	am							
	am							
	pm							
	pm							
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	pm							
	am							
	am							
	pm							
	pm							

Quarterly Medication Tracker Q3

Medicine:

Dose:

Frequency:

January:

Notes:

M

T

W

T

F

S

S

February:

Notes:

M

T

W

T

F

S

S

March:

Notes:

M

T

W

T

F

S

S

Quarterly Medication Tracker Q4

Medicine:

Dose:

Frequency:

January:

Notes:

M

T

W

T

F

S

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February:

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