



2025


PLANNER

EMPOWER YOUR JOURNEY, EVERY DAY!






CONTENTS

- Welcome Message
 - Goal-Setting and Vision
 - 2024 Year-end Review
 - 2025 Calendar
 - Vision Board
 - Quarterly Goal Planner
 - Monthly Affirmations
 - Monthly Overview and Reflection
 - Monthly Planner
 - Monthly Budget
 - Weekly Perimenopause Symptoms Tracker
 - Self-Reflection & Awareness
 - Weekly Planning Pages
 - Weekly Priorities
 - Daily Schedule
 - Daily Check-in
 - Weekly Meal Planner and Grocery List
 - Health and Wellness Tools
 - Workout Planner
 - Monthly Sleep Tracker
 - Stress-Busting Tips You'll Actually Want to Try
 - Recommended Daily Intake of Common Vitamins and Minerals
 - 2025 Year-end Review
 - Freebies
- 



WELCOME TO YOUR 2025 PLANNER!

Dear Friend,



Thank you for downloading this planner—we're so excited to be part of your journey this year! This isn't just a planner; it's your space to dream big, stay organized, track your progress, and reflect on all the amazing things you'll accomplish.

So, print it, own it, and make it yours! Use it to set your goals, take care of yourself, and celebrate all the little wins along the way. We believe in you, and we're here to cheer you on as you take those small steps toward big, beautiful changes.

Here's to an incredible 2025 filled with joy, balance, and success. Let this planner be your trusted sidekick every step of the way!

Here's to a balanced, joyful, and empowering 2025!


Warm wishes,

Your friends at
MenopauseNetwork.org



GOAL-SETTING AND VISION

Year-end Review:



Reflect on 2024 by listing your top accomplishments, highlights, and lessons learned, then outline what to start, stop, and continue in 2025 to focus on your growth and top priorities for the year ahead.

Yearly Vision Board:

Reflect on your goals and dreams on this page, then create a visual representation with drawings, pictures, or words in the blank space. Revisit this page regularly to stay inspired.

Quarterly Goal Tracker:

Write 2–3 key goals for each quarter, break them into actionable steps, and track your progress using the provided checkboxes or progress bars.

Monthly Affirmations:

Read the pre-written affirmations for inspiration, then write your own positive message in the blank space to motivate yourself throughout the month.

2024 Year-end Review

Top Accomplishments for 2024

○	
○	
○	
○	
○	
○	

2024 HIGHLIGHTS

2024 SETBACKS

THINGS TO LEARN IN 2025

THINGS TO CHANGE IN 2025

START

STOP

CONTINUE

2025 PRIORITIES

○	
○	
○	
○	
○	
○	

2025

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						01
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09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March

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09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

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02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Vision Board

TOP PRIORITY:

What does success look like in my personal, professional, and wellness journey?

CAREER

HEALTH

FINANCES

TRAVEL

HABITS

FAMILY

RELATIONSHIPS

Quarterly Goal Planner

DATE:

GOALS OVERVIEW

-
-
-

MONTH:

ACTION STEPS

MONTH:

ACTION STEPS

MONTH:

ACTION STEPS

ADDITIONAL

NOTES

Monthly Affirmations

Positive affirmations reframe negative thoughts, boost confidence, and foster optimism, promoting resilience and growth.

January

Sample Affirmation	My Affirmation
This year is full of possibilities, and I am ready to embrace each one with courage and confidence.	

February

Sample Affirmation	My Affirmation
I give and receive love freely, nurturing my relationships and myself with kindness and care.	

March

Sample Affirmation	My Affirmation
I am resilient, and every challenge I face is an opportunity to grow stronger.	

April

Sample Affirmation	My Affirmation
I deserve joy and balance in my life, and I will create it with intention.	

Monthly Affirmations

"She remembered who she was and the game changed." – Lalah Delia

May

Sample Affirmation	My Affirmation
I trust the process of life and know that I am exactly where I need to be right now.	

June

Sample Affirmation	My Affirmation
My body is a vessel of strength and beauty, and I honor it with care and respect.	

July

Sample Affirmation	My Affirmation
I am capable of achieving my goals, and I will take one step at a time to get there.	

August

Sample Affirmation	My Affirmation
I attract positivity and release anything that no longer serves me.	

Monthly Affirmations

"You are allowed to be both a masterpiece and a work in progress, simultaneously." – Sophia Bush

September

Sample Affirmation	My Affirmation
I am grateful for all that I have and excited for all that is coming.	

October

Sample Affirmation	My Affirmation
I have the power to create the life I want, and I will make decisions that align with my happiness.	

November

Sample Affirmation	My Affirmation
I focus on progress, not perfection, and celebrate my small victories along the way.	


December

Sample Affirmation	My Affirmation
I reflect on my journey with pride and gratitude, knowing I have grown and evolved this year.	



MONTHLY OVERVIEW AND REFLECTION

Monthly Planner:



Plan your month by filling in important dates, appointments, to-dos and goals, then use the notes section for reminders, or quick thoughts.

Menopause Symptom Tracker:

Track symptoms like hot flashes, sleep quality, or fatigue by jotting them down daily—this helps you understand your body better and makes it easier to discuss changes with your doctor.

Reflection Prompts:

At the end of the month, spend a few minutes answering prompts like “What went well?” and “What can I improve?” to celebrate wins and set intentions for the next month.

It’s all about keeping things simple, insightful, and uniquely you!

MONTHLY PLANNER

MONTH:

MON	TUE	WED	THU	FRI	SAT	SUN

TO DO

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

GOALS

- _____
- _____
- _____
- _____






NOTES

WEEKLY PERIMENOPAUSE SYMPTOMS TRACKER

Check each row if you experience the symptom. At the end of the week, calculate your total score. This will help you understand if you might be undergoing perimenopause. You can also share this tracker with your healthcare provider for further insights.

Date from _____ to _____

Symptoms	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Heart beating quickly or strongly								
Feeling tense or nervous								
Difficulty in sleeping								
Memory problems								
Anxiety attack / Panic Attack								
Difficulty in concentrating								
Feeling tired or lacking in energy								
Loss of interest in most things								
Feeling unhappy or depressed								
Crying spells								
Irritability								
Feeling dizzy or faint								
Pressure or tightness in head								
Tinnitus (ringing or buzzing in the ear)								
Headaches								
Muscle and joint pains								
Pins and needles in any part of the body								
Breathing difficulties								
Hot flushes								
Vaginal dryness or discomfort during sex								
Sweating at night								
Having an urgent need to pee more frequently								
Leaking pee when you cough or sneeze								
Count (Column)								

Other Trackers	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Hours of Sleep							
How many glasses of water did you drink today?							
Your Mood  Great  Good  Okay  Not good  Awful							
How many minutes or hours did you exercise?							

Self-Reflection & Awareness

Month:

What are three things I'm grateful for this month?

1.

2.

3.

How do I feel right now? What might be the cause of these feelings?

What are the positive qualities I see in myself?

What habits would I like to change or improve in my life?

“You can't pour from an empty cup—take care of yourself first.”



WEEKLY PLANNING PAGES

Weekly Priorities:

Write down your top 3 must-dos for the week to stay focused and make real progress where it matters most.

Daily Schedule:

Use the time-blocking space to map out your day so you can stay organized and on track with tasks and appointments.

Daily Check-in:

Check off simple self-care wins like staying hydrated, moving your body, practicing mindfulness, and getting good sleep.

Weekly Meal Planner and Grocery List:

Plan hormone-balancing meals and jot down grocery essentials to make healthy eating easy and stress-free.

Weekly Priorities

SUNDAY

Date: _____

- _____
- _____
- _____
- _____

MONDAY

Date: _____

- _____
- _____
- _____
- _____

TUESDAY

Date: _____

- _____
- _____
- _____
- _____

WEDNESDAY

Date: _____

- _____
- _____
- _____
- _____

THURSDAY

Date: _____

- _____
- _____
- _____
- _____

FRIDAY

Date: _____

- _____
- _____
- _____
- _____

SATURDAY

Date: _____

- _____
- _____
- _____
- _____

PRIORITIES

- _____
- _____
- _____
- _____
- _____

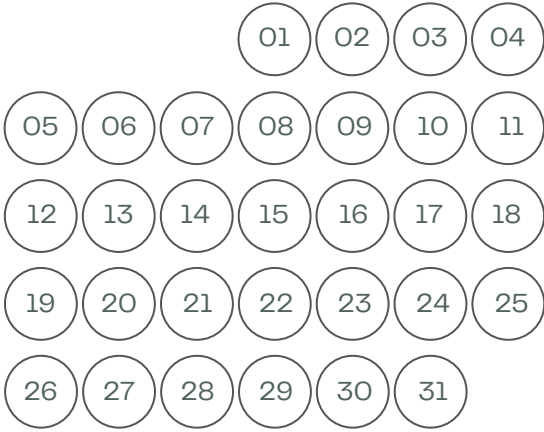
REMINDER

NEXT WEEK

Notes:

January

PRIORITIES



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<input type="radio"/>	_____
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February

PRIORITIES

						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

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March

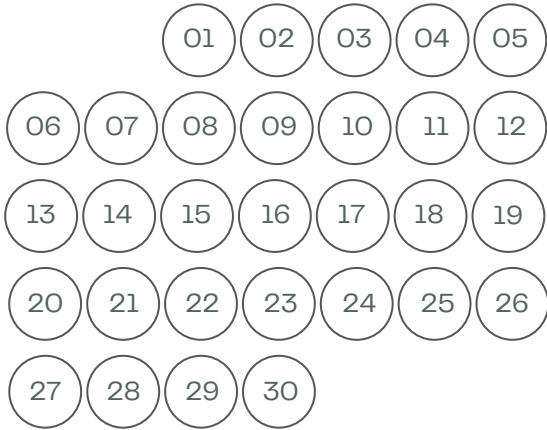
PRIORITIES

						01
02	03	04	05	06	07	08
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April

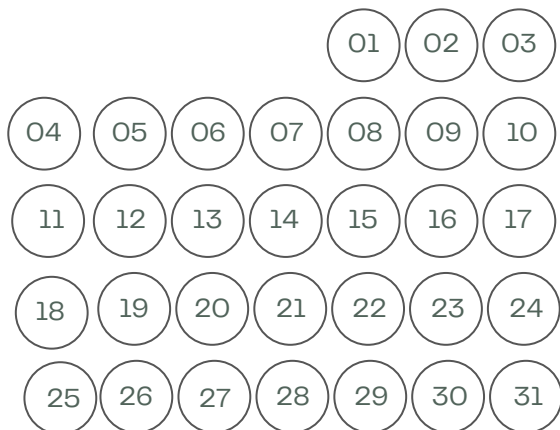
PRIORITIES



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May

PRIORITIES



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<input type="radio"/>	_____
<input type="radio"/>	_____

August

PRIORITIES

01 02

03 04 05 06 07 08 09

10 11 12 13 14 15 16

17 18 19 20 21 22 23

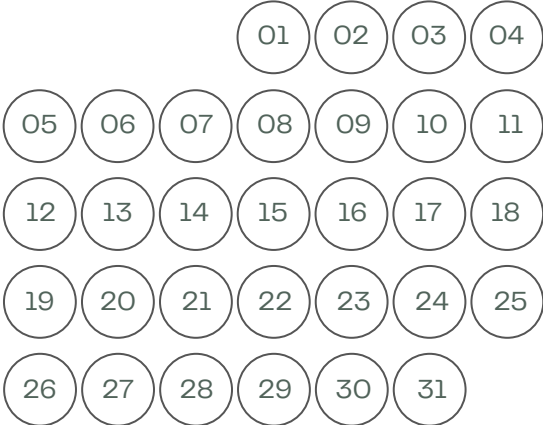
24 25 26 27 28 27 30

31

- _____
- _____
- _____
- _____
- _____

October

PRIORITIES



<input type="radio"/>	_____
<input type="radio"/>	_____
<input type="radio"/>	_____
<input type="radio"/>	_____
<input type="radio"/>	_____

November

PRIORITIES

01

02 03 04 05 06 07 08

09 10 11 12 13 14 15

16 17 18 19 20 21 22

23 24 25 26 27 28 29

30

- _____
- _____
- _____
- _____
- _____

DAILY CHECK IN

DATE

TODAY I'M MOST GREATFUL FOR

HOURS OF SLEEP



WHAT WAS THE BEST THING ABOUT TODAY?

DAILY NUTRIENTS

BREAKFAST

SNACKS

LUNCH

SNACKS

DINNER

THINGS I DID TODAY

WATER INTAKE



MY MOOD TODAY



NOTES:

WHAT I WANT TO REMEMBER ABOUT TODAY

Weekly Meal Plan

from _____ to _____

monday

tuesday

wednesday

thursday

friday

saturday

sunday

grocery list


- _____
- _____
- _____
- _____
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- _____
- _____

notes:



HEALTH AND WELLNESS TOOLS

Workout Planner:




Set your workout goals and jot down what keeps you motivated, then track your exercises with the workout name and any notes to keep things fun and focused!

Monthly Sleep Tracker:

Track your sleep each night by setting a goal, sticking to your bedtime routine, and using the notes section to spot patterns or reflect on how you're feeling.

Stress Management Tips:

Discover simple, practical ways to manage stress with tips like deep breathing, mindfulness, and creating a relaxing routine—small steps that can make a big difference in your daily calm.



Workout Planner

Month

Jan Feb Mar Apr May June
July Aug Sept Oct Nov Dec

Week

1 2 3 4 5

Day

S M T W T F S

Workout Goals

- _____
- _____
- _____
- _____

My Motivation

Exercises

Workout Name	Sets	Reps	Time

Notes

Stress-Busting Tips You'll Actually Want to Try

- Breathe Like You Mean It: Slow, deep breaths can turn “I’m overwhelmed” into “I’ve got this.”
- Move It to Lose It: A quick walk or dance break can zap stress faster than you think.
- Be Here Now: Try mindfulness or meditation—it’s like a spa day for your brain.
- Press Pause: Step away from the chaos for five minutes. Yes, it can wait.
- Phone a Friend: Vent, laugh, or just say hi—it’s good for the soul.
- Write It Out: Journal your stress; it’s cheaper than therapy and equally therapeutic.
- Unwind Your Way: Whether it’s a bubble bath or a Netflix binge, find your happy place.
- Skip the Buzz: Too much caffeine = jittery stress monster. Herbal tea, anyone?
- Count Your Blessings: Gratitude isn’t just cheesy—it’s effective.
- Snooze Smarter: Sleep is the ultimate reset button—don’t skimp on it.
- Do One Thing at a Time: Multitasking is a myth; give one task your full attention.
- Declutter Your Space, Declutter Your Mind: A tidy desk = a calmer you.
- Say No Like a Pro: Your energy is precious—don’t spend it on stuff that drains you.
- Laugh It Off: Watch something hilarious and let the giggles work their magic.
- Get Outside: Fresh air and sunshine are nature’s stress relievers.
- Stretch It Out: Yoga, or just touching your toes—whatever loosens you up.
- Hype Yourself Up: Positive affirmations aren’t silly; they’re your inner pep squad.
- Tune Out the Doom: Limit news scrolling and keep your vibe intact.
- Hydrate or Dried Out: Water = calm; dehydration = cranky. You do the math.
- Control What You Can: Let go of the rest—it’s not worth the worry.
- Stress happens, but these tips make bouncing back a lot more fun (and doable)!

NOTES

Recommended Daily Intake of Common Vitamins and Minerals

Vitamins and Minerals	What is it for	Daily Intake Needed			Food Sources and Nutrition Facts
		Perimenopause	Menopause	Post-Menopause	
Calcium	Supports bone health and hormone function	1,000 mg	1,200 mg	1,200 mg	1 cup milk (300 mg), 1 oz cheddar cheese (200 mg), 1 cup yogurt (300 mg)
Vitamin D	Supports mood, immune health, and hormone production	600-800 IU	800-1,000 IU	800-1,000 IU	3 oz salmon (447 IU), fortified milk (120 IU per cup), 1 egg yolk (40 IU)
Magnesium	Reduces stress and regulates cortisol	310-320 mg	320-350 mg	320-350 mg	1 oz almonds (80 mg), 1 cup spinach (157 mg), 1/2 avocado (29 mg)
Iron	Supports energy and compensates for heavy periods	18 mg	8 mg	9 mg	3 oz beef (2.1 mg), 1 cup cooked lentils (6.6 mg), 1/2 cup tofu (3 mg)
Omega-3 Fatty Acids	Reduces inflammation and balances hormones	250-500 mg EPA+DHA	250-500 mg EPA+DHA	250-500 mg EPA+DHA	3 oz salmon (~1,000 mg EPA+DHA), 1 tbsp flaxseed (~2,350 mg ALA), 1 oz walnuts (~2,500 mg ALA)
Vitamin B6	Helps with mood regulation, energy, and PMS symptoms	1.3-1.5 mg	1.3-1.5 mg	1.3-1.5 mg	1 medium banana (0.4 mg), 3 oz chicken breast (0.5 mg), 1 cup potatoes (0.4 mg)
Vitamin B12	Supports red blood cell production and nerve function	2.4 mcg	2.4 mcg	2.4 mcg	3 oz salmon (4.8 mcg), fortified cereal (1.5 mcg), 1 cup dairy (0.9 mcg)
Zinc	Supports reproductive hormones and immune function	8 mg	9 mg	10 mg	3 oz cooked oysters (74 mg), 1 oz pumpkin seeds (2.2 mg), 3 oz chicken (2.4 mg)
Iodine	Supports thyroid function	150 mcg	150 mcg	150 mcg	1/4 tsp iodized salt (71 mcg), 1 sheet nori seaweed (30-40 mcg), 1 cup dairy (59 mcg)
Selenium	Supports thyroid health and hormone regulation	55 mcg	55 mcg	55 mcg	1 Brazil nut (68-91 mcg), 3 oz tuna (92 mcg), 1 egg (15 mcg)
Vitamin E	Balances estrogen and supports skin health	15 mg	15 mg	15 mg	1 oz sunflower seeds (7.4 mg), 1 tbsp wheat germ oil (20 mg), 1/2 avocado (2 mg)

Disclaimer: Keep in mind that vitamins are not a replacement for prescribed medications, and their effects on your overall health may vary. A balanced diet and regular exercise remain the most reliable ways to support your fitness goals. If you experience any adverse side effects from a medication, discontinue its use immediately. Also, remember that supplements should be considered a short-term measure, and only taken under the guidance of a doctor or dietitian.

This information is not intended to provide specific health or dietary advice, nor should it replace guidance from a qualified medical or healthcare professional.

2025 Year-end Review

TOP ACCOMPLISHMENTS IN 2025

○	
○	
○	
○	
○	
○	

2025 HIGHLIGHTS

2025 SETBACKS

THINGS TO LEARN IN 2026

THINGS TO CHANGE IN 2026

START

STOP

CONTINUE

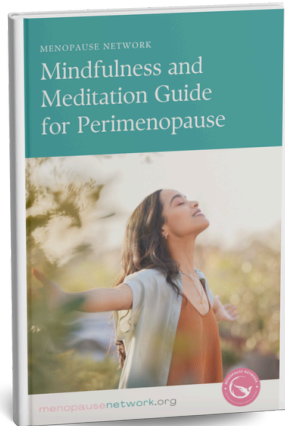
2026 PRIORITIES

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○	

FREEBIES



7-DAY MENOPAUSE-FRIENDLY MEAL PLAN
+ SHOPPING LIST



THE ULTIMATE MINDFULNESS &
MEDITATION GUIDE FOR NAVIGATING
PERIMENOPAUSE



BEGINNERS 7-DAY WORKOUT PLANNER
(TAILORED FOR WOMEN IN THEIR 40S)

