

Healthcare Advocacy Worksheet for Perimenopause

Use this worksheet to prepare for your next doctor visit, organize your thoughts, and advocate for your health with clarity and confidence.

Section 1: Symptom Tracker

Instructions: Record your top symptoms over the past 2–4 weeks.

Symptom	Frequency (daily/weekly)	Severity (lowest 1–10 highest)	Notes (Triggers, Time of Day, etc.)
Hot flashes / Night sweats			
Mood swings / Irritability			
Fatigue / Low energy			
Brain fog / Memory issues			
Anxiety / Depression			
Sleep disturbances			
Irregular periods			
Vaginal dryness / Pain			
Low libido			
Weight changes			

Section 2: Health Goals

Instructions: Write down your top 3 health priorities for this visit.

? Section 3: Questions for Your Provider

Use this checklist or add your own questions below:

- ☐ Could my symptoms be related to perimenopause?
- ☐ What lab tests or screenings do you recommend?
- ☐ Are there non-hormonal treatments I can consider?
- ☐ What are the pros and cons of hormone therapy for me?
- ☐ Should I monitor my hormone levels? How often?
- ☐ Are there lifestyle changes you recommend?
- ☐ Can you refer me to a certified menopause specialist?

Additional questions:



Section 4: Your Preferences

What are your care preferences? Check any that apply.

- ☐ I prefer to try natural or lifestyle-based options first
- ☐ I'm open to hormone therapy if appropriate
- ☐ I'd like to avoid unnecessary prescriptions
- ☐ I want to explore integrative / root-cause approaches
- ☐ I need clear explanations and shared decision-making



Section 5: Follow-Up Plan

What We Discussed	Next Steps / Notes	Timeline
Lab tests / screenings		
Treatment options (natural or Rx)		
Lifestyle changes / referrals		
Next appointment		

Tip: Bring this completed worksheet to your next visit to stay focused and make the most of your time with your provider.