

# Symptom Scorecard



Name

Date of birth

Consult date

Please tick the boxes to show how much each symptom has affected you over the past four weeks.

There are no right or wrong answers — this helps guide your care.

These symptoms are common during perimenopause and menopause.

Not at all

A little

Quite a bit

Extremely

## Body Temperature Changes

Hot flushes

## Thinking & Sensory Changes

Dizziness or light-headedness

Headaches

Brain fog or difficulty concentrating

Sensations of crawling or tingling under the skin

## Emotions & Mood

Irritability

Low mood or depression

Anxiety or nervousness

Mood swings

Feelings of being unloved or low self-worth

## Sleep & Energy Levels

Difficulty sleeping

Unusual or persistent tiredness

## Aches & Pains

Back pain

Joint pain

Muscle pain

## Skin & Hair Changes

Increased facial hair

Dry skin

Thinning hair or hair loss

Changes in skin texture or elasticity

## Intimate & Sexual Changes

Reduced interest in sex

Vaginal dryness

Pain or discomfort during sex

## Bladder Changes

Needing to urinate more often