

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.

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-

Sleep & Energy Levels

Difficulty sleeping

Unusual or persistent

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

Not at all A little Quite a bit Extremely