



DIETBASHAYER

FREE SELF-CHECK

The Perimenopause Symptom Checklist

Perimenopause can start years before your periods stop — and its signs are easy to miss or blame on stress, age, or a busy life. Use this checklist to see the full picture in one place, so you can stop guessing and start responding.

Takes ~5 minutes

9 symptom areas

32 signs to check

A gentle, evidence-based self-check to help you notice what your body is telling you.

Created by Bashayer Al Bader · Dietitian & Nutritionist · 14 years clinical experience

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1 Start here — how to use this

This is a simple way to track what you're experiencing. There are no right or wrong answers, and no symptom is "too small" to note. Work through it calmly — you're just gathering information about your own body.

THREE STEPS

1. **Read each symptom** and think about the last 3 months.
2. **Tick the box** if you've noticed it, then **mark how much it affects you** using the scale below.
3. **Add up your ticks** at the end and read the guidance — then decide your next step.

2 The simple scale

For every symptom you tick, mark one level. This helps you see not just *what* you feel, but *how much* it's interfering with daily life.

0 · None

Not something I notice

1 · Mild

There, but easy to ignore

2 · Moderate

Noticeable, affects my day

3 · Severe

Hard to cope with / disruptive

A NOTE BEFORE YOU BEGIN

Perimenopause is different for everyone. You do **not** need every symptom on this list — many women have just a handful, and they can come and go with your cycle. The goal isn't to alarm you; it's to help you recognise a pattern early, so you can support your body with the right nutrition, habits, and care.



3 The checklist

Tick what applies over the last 3 months, then circle a level (1–3). The sections are grouped to keep it easy to follow.

A Cycle & period changes

SYMPTOM	TICK	LEVEL 1–3
Periods becoming irregular (closer together or further apart)	☐	1 · 2 · 3
Change in flow — heavier, lighter, or spotting between periods	☐	1 · 2 · 3
Shorter or longer cycles than your usual	☐	1 · 2 · 3
Worse PMS, or new premenstrual symptoms	☐	1 · 2 · 3

B Hot flushes & temperature

SYMPTOM	TICK	LEVEL 1–3
Sudden waves of heat in the face, neck, or chest	☐	1 · 2 · 3
Night sweats	☐	1 · 2 · 3
Flushing or sweating episodes during the day	☐	1 · 2 · 3
Chills or feeling cold after a flush	☐	1 · 2 · 3

C Sleep

SYMPTOM	TICK	LEVEL 1–3
Trouble falling asleep	☐	1 · 2 · 3
Waking in the night and struggling to get back to sleep	☐	1 · 2 · 3
Waking too early	☐	1 · 2 · 3
Waking unrefreshed / daytime fatigue	☐	1 · 2 · 3

D Mood & emotions

SYMPTOM	TICK	LEVEL 1-3
Irritability or a shorter fuse than usual	☐	1 · 2 · 3
Anxiety or feeling on edge	☐	1 · 2 · 3
Low mood or tearfulness	☐	1 · 2 · 3
Less motivation or interest than before	☐	1 · 2 · 3

E Brain & memory

SYMPTOM	TICK	LEVEL 1-3
"Brain fog" or trouble concentrating	☐	1 · 2 · 3
Forgetfulness — names, words, why you walked into a room	☐	1 · 2 · 3
Feeling mentally slower or less sharp	☐	1 · 2 · 3

F Body, weight & energy

SYMPTOM	TICK	LEVEL 1-3
Weight gain — especially around the middle — despite no real change in habits	☐	1 · 2 · 3
Stronger cravings or appetite (often sugar or carbs)	☐	1 · 2 · 3
Bloating	☐	1 · 2 · 3
Joint or muscle aches	☐	1 · 2 · 3
Lower energy or stamina for exercise	☐	1 · 2 · 3

G Skin & hair

SYMPTOM	TICK	LEVEL 1-3
Drier or more sensitive skin	☐	1 · 2 · 3
Thinning hair or more shedding	☐	1 · 2 · 3
New or increased facial hair	☐	1 · 2 · 3

H Intimate & bladder health

SYMPTOM	TICK	LEVEL 1-3
Vaginal dryness or discomfort	☐	1 · 2 · 3
Lower libido / reduced interest in intimacy	☐	1 · 2 · 3
Needing to urinate more often or more urgently	☐	1 · 2 · 3
Bladder leaks with coughing, laughing, or exercise	☐	1 · 2 · 3

I Other commonly reported

SYMPTOM	TICK	LEVEL 1-3
Headaches or migraines changing in pattern	☐	1 · 2 · 3
Heart palpitations or awareness of your heartbeat	☐	1 · 2 · 3
Breast tenderness	☐	1 · 2 · 3
Dizziness or light-headedness	☐	1 · 2 · 3



4 Add it up

Count your ticks and note how many felt moderate or severe (level 2–3). This is a snapshot, not a score to worry about — it simply shows where to focus.

Your snapshot

Total symptoms ticked: _____ out of 32

How many felt moderate or severe (2–3): _____

Symptom areas affected (A–I): _____ out of 9

5 What your snapshot may mean

Read the description that best matches you. These are guides for reflection, not a diagnosis.

A few, mild symptoms (roughly 1–5 ticks)

Early or gentle signs. Worth tracking over the next couple of cycles. Small, consistent nutrition and lifestyle shifts now can make the years ahead much smoother.

Several symptoms across a few areas (roughly 6–14 ticks)

A pattern consistent with the perimenopause transition. This is the stage where a structured, supportive plan — food, movement, sleep, and stress — usually makes the biggest difference to how you feel day to day.

Many symptoms, or several at level 2–3 (roughly 15+ ticks)

Your symptoms are likely affecting your quality of life. You deserve focused support. Bring this checklist to a qualified professional, and consider a guided plan so you're not navigating it alone.

6 Your next steps

1 Keep this page.

Re-do the checklist in 4–6 weeks. Symptoms that persist or worsen are the ones to act on first.

2 Track alongside your cycle.

Note where you are in your cycle when symptoms spike — it reveals patterns you can work with.

3 Share it with a professional.

A dietitian or doctor can rule out other causes and tailor support to you.

Ready to stop guessing and start feeling like yourself again?

The Perimenopause Reset is my step-by-step program to help you manage weight, energy, and symptoms through evidence-based nutrition — built for real Gulf life, in Arabic and English.

→ Join the waitlist / learn more: _____

Important: This checklist is an educational self-awareness tool created by Bashayer Al Bader, dietitian and nutritionist. It is not a medical diagnosis and does not replace advice from your doctor. Many of these symptoms can have other causes. If any symptom is severe, sudden, or worrying — including unusual or very heavy bleeding — please see a qualified healthcare professional. Always consult your doctor before making significant changes to your diet, supplements, or medication.

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