

How to Use Your Perimenopause Cycle Tracker

This tracker is designed to help you monitor your cycle, symptoms, and hormonal shifts throughout perimenopause. It includes a color-coded chart that illustrates the natural fluctuations of estrogen and progesterone during a typical menstrual cycle. Understanding these hormonal patterns can be especially helpful during perimenopause, when cycles become less predictable. Personally, I found this chart invaluable, giving me clearer insight into how my body was responding to hormonal changes, and helped me feel more in control during this transitional time.

1. Starting a New Month

- Start recording your first months tracker on the first day of your period. This is Day 1.
- Every new month in your tracker begins on Day 1, regardless of whether or not you have your period.
- Continue counting each day (Day 2, Day 3, etc.) up to Day 28.

2. When Your Period Starts

- If your period starts at any point, that day becomes a new Day 1.
- Reset your cycle and start recording symptoms again from this new Day 1.
- For example: If you're on Day 15 and your period begins, stop tracking that current cycle and begin a new one starting from Day 1 (the day your period started).

3. No Period by Day 28?

- If you reach Day 28 and still haven't gotten your period, start a new cycle anyway on the next day (which becomes the new Day 1).
- Note that no period occurred for that cycle, and continue recording symptoms from Day 1 again.

4. Important Reminders

- Day 1 is always the first day of your period,
- The tracker helps you notice patterns and irregularities, so consistency in starting a new cycle is key, even if your period doesn't come.
- If your period is unpredictable (which is common in perimenopause), don't worry, this system will still help you track symptoms clearly.

Perimenopause Symptom Tracker

WEEK ONE

Day of Cycle	1	2	3	4	5	6	7
Progesterone							
Estrogen							
Symptoms							
Notes							

PROGESTERONE FLUCTUATIONS DURING CYCLE

Lowest point

Highest point

e.g. Progesterone starts increasing from day 10, peaking on day 21 & 22 of the cycle

ESTROGEN FLUCTUATIONS DURING CYCLE

Lowest point

Highest point

e.g. Estrogen drops low from day 1 to day 5 then gradually rises until it peaks on day 13 & 14 of the cycle

Perimenopause Symptom Tracker

WEEK TWO

Day of Cycle	8	9	10	11	12	13	14
Progesterone							
Estrogen							
Symptoms							
Notes							

PROGESTERONE FLUCTUATIONS DURING CYCLE

Lowest point

Highest point

e.g. Progesterone starts increasing from day 10, peaking on day 21 & 22 of the cycle

ESTROGEN FLUCTUATIONS DURING CYCLE

Lowest point

Highest point

e.g. Estrogen drops low from day 1 to day 5 then gradually rises until it peaks on day 13 & 14 of the cycle

Perimenopause Symptom Tracker

WEEK THREE

Day of Cycle	15	16	17	18	19	20	21
Progesterone							
Estrogen							
Symptoms							
Notes							

PROGESTERONE FLUCTUATIONS DURING CYCLE

Lowest point

Highest point

e.g. Progesterone starts increasing from day 10, peaking on day 21 & 22 of the cycle

ESTROGEN FLUCTUATIONS DURING CYCLE

Lowest point

Highest point

e.g. Estrogen drops low from day 1 to day 5 then gradually rises until it peaks on day 13 & 14 of the cycle

Perimenopause Symptom Tracker

WEEK FOUR

Day of Cycle	22	23	24	25	26	27	28
Progesterone							
Estrogen							
Symptoms							
Notes							

PROGESTERONE FLUCTUATIONS DURING CYCLE

Lowest point

Highest point

ESTROGEN FLUCTUATIONS DURING CYCLE

Lowest point

Highest point

e.g. Estrogen drops low from day 1 to day 5 then gradually rises until it peaks on day 13 & 14 of the cycle