

PERIMENOPAUSE LIFESTYLE READINESS SURVEY

Instructions: For each statement, circle a number from 1 (Poor) to 5 (Excellent) based on how true it is for you. Then, add up your total score.

		1	2	3	4	5
Sleep	I regularly get 7–8 hours of restful sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I wake feeling rested and ready for the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition	I eat at least 2 servings of vegetables daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I eat dark leafy greens most days	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I limit refined carbohydrates (white bread, white rice, & pasta)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I drink 2–3 litres of good quality water daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I eat a variety of different coloured fruits and vegetables weekly for a healthy microbiome	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I regularly consume omega-3 rich foods like walnuts, chia seeds, or flaxseeds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Movement	I exercise at least 3x per week for 20 or more minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include strength/resistance training weekly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stress & Relaxation	I regularly participate in relaxation methods like meditation or yoga	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I take time to relax in the morning or afternoon sun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have healthy ways to manage stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I feel emotionally supported in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hormone Awareness	I understand how perimenopause is affecting my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I've spoken to a health provider about my symptoms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TOTAL SCORE:					/ 80	

What Your Score May Indicate

- 65–80 – You're on track! Your lifestyle supports you well through perimenopause. Keep it up and fine-tune as needed.
- 40–64 – Making progress. You have some good habits but could benefit from targeted improvements.
- Below 40 – Time for a reset. Consider making changes to better support your body and mind through this transition.