



Empower Yourself with Our Menopause Symptom Checklist

This checklist is a powerful tool designed to help you identify and track the wide range of symptoms you might experience throughout your menopause journey (perimenopause, menopause, and post-menopause).

It contains **all 134 Menopause Symptoms** from our blog series: "130+ Menopause Symptoms List Part 1 to 3" at www.lillepin.com. Use this valuable resource to increase your self-awareness and guide comprehensive conversations with your healthcare provider.

How to Use This Checklist

- 1. Read Through Each Symptom Carefully:** Take your time to understand each item listed.
- 2. Mark Your Experience:** Tick the box next to any symptom you are **currently experiencing** or have **experienced recently**.
- 3. Rate Its Severity:** For each marked symptom, assess its impact using this simple scale:

- **1 = Mild:** Noticeable but doesn't significantly disrupt your daily life.
 - **2 = Moderate:** Impacts daily activities, causes discomfort, but is still manageable.
 - **3 = Severe:** Significantly interferes with daily life, distressing, or debilitating.
4. **Use the "Notes" Section:** Jot down brief observations on the **frequency**, potential **triggers**, its **impact** on your life, or any other relevant details that come to mind.
 5. **Consider Dating Your Checklist:** If you plan to track changes over time or present this to your doctor, dating the checklist will be very helpful.

Important Disclaimer!

This Menopause Symptom Checklist is provided for **informational and self-assessment purposes only!**

It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified healthcare professional (such as your doctor, gynecologist, or menopause specialist) with any questions you may have regarding a medical condition. Do not disregard professional medical advice or delay in seeking it because of something you have read in this checklist.

What to Do Next

- **For Personal Awareness:** Use your completed checklist to understand your own body's signals and patterns better, empowering you on your journey.
- **Prepare for a Doctor's Visit:** This checklist can be an invaluable tool to share with your healthcare provider. It helps ensure you cover all your concerns during an appointment, leading to more focused and effective discussions.
- **Explore Further:** For in-depth information on specific symptoms, supplements, or treatments, please visit our comprehensive [Article Index](https://lillepin.com/all-articles/) at <https://lillepin.com/all-articles/> or visit us at lillepin.com

Your Lillepin Team

Symptom	(Tick if Yes)	Severity (1-3)	Notes (e.g., frequency, triggers, impact)			
Vasomotor Menopause Symptoms						
1. Hot Flashes / Flushes	[]					
2. Night Sweats	[]					
3. Cold Flashes	[]					
4. Palpitations / Heart Racing	[]					
5. Sudden Onset of Sweating	[]					
Psychological & Emotional Symptoms						
6. Anxiety	[]					
7. Mood Swings	[]					
8. Irritability	[]					
9. Depression	[]					
10. Panic Attacks	[]					
11. Low Motivation	[]					
12. Increased Stress Sensitivity	[]					
13. Feelings of Dread	[]					
14. Lack of Enthusiasm / Apathy	[]					
15. Feeling Overwhelmed	[]					
16. Emotional Numbness	[]					
17. Loss of Sense of Humor	[]					
18. Loss of Confidence	[]					
19. Self-Esteem Issues	[]					
20. Increased Pessimism	[]					
21. Social Anxiety / Withdrawal	[]					
Skeletal & Joint Menopause Symptoms						
22. Joint Pain / Aches	[]					
23. Stiff Joints	[]					
24. Muscle Aches / Pains	[]					
25. Loss of Muscle Mass (Sarcopenia)	[]					
26. Osteoporosis (bone density loss)	[]					
27. Decreased Grip Strength	[]					
28. Tendonitis / Tendon Pain	[]					
29. Back Pain	[]					
30. Neck Pain	[]					
31. Hip Pain	[]					
32. Knee Pain	[]					
33. Foot Pain	[]					
34. Wrist Pain	[]					
35. Finger Stiffness/Pain	[]					

Symptom	(Tick if Yes)	Severity (1-3)	Notes (e.g., frequency, triggers, impact)			
Genitourinary & Sexual Menopause Symptoms						
36. Vaginal Dryness	[]					
37. Painful Intercourse (Dyspareunia)	[]					
38. Lower Libido / Decreased Sex Drive	[]					
39. Vaginal Itching / Irritation	[]					
40. Urinary Urgency / Frequency	[]					
41. Recurrent UTIs (Urinary Tract Infections)	[]					
42. Stress Incontinence (leaking urine v	[]					
43. Vaginal Atrophy (thinning of vaginal walls)	[]					
44. Clitoral Discomfort / Sensitivity	[]					
45. Pelvic Organ Prolapse	[]					
46. Vulvar Dryness / Itching	[]					
47. Painful Urination	[]					
48. Loss of Sensation in Genitals	[]					
49. Difficulty Achieving Orgasm (Anorgasmia)	[]					
50. Vaginal Discharge Changes	[]					
E. Menopausal Skin, Hair & Nail Changes						
51. Dry Skin	[]					
52. Itchy Skin (Formication / crawling sensati	[]					
53. Brittle Nails	[]					
54. Hair Thinning / Hair Loss	[]					
55. Increased Facial Hair (Hirsutism)	[]					
56. Acne / Adult Acne	[]					
57. Skin Sensitivity	[]					
58. Wrinkles / Reduced Skin Elasticity	[]					
59. Dull Skin	[]					
60. Rashes / Hives	[]					
61. Body Odor Changes	[]					
62. Thinning Skin	[]					
63. Increased Bruising	[]					
64. Changes in Skin Texture (roughness)	[]					
65. Rosacea (new or worsened)	[]					
66. Flushing (skin redness)	[]					
67. Age Spots or Liver Spots	[]					
Menopausal Sleep Disturbances						
68. Insomnia (difficulty falling/staying asleep)	[]					
69. Restless Sleep	[]					
70. Waking Early	[]					

Symptom	(Tick if Yes)	Severity (1-3)	Notes (e.g., frequency, triggers, impact)			
71. Fatigue / Low Energy	[]					
72. Sleep Apnea	[]					
73. Excessive Daytime Sleepiness	[]					
G. Cognitive Menopause Symptoms						
74. Brain Fog	[]					
75. Memory Lapses / Forgetfulness	[]					
76. Difficulty Concentrating	[]					
77. Difficulty Finding Words	[]					
78. Difficulty Learning New Things	[]					
79. Mental Exhaustion	[]					
80. Reduced Mental Clarity	[]					
81. Disorientation	[]					
82. Reduced Attention Span	[]					
H. Digestive & Metabolic Symptoms						
83. Bloating	[]					
84. Indigestion / Heartburn	[]					
85. Weight Gain (especially abdominal)	[]					
86. Slowed Metabolism	[]					
87. Food Intolerances	[]					
88. Constipation	[]					
89. Diarrhea	[]					
90. Increased Cholesterol Levels	[]					
91. Insulin Resistance / Blood Sugar Fluctuat	[]					
92. New Food Cravings	[]					
93. Changes in Appetite	[]					
94. Digestive Upset After Eating Specific Foo	[]					
95. Acid Reflux	[]					
I. Cardiovascular Menopause Symptoms						
96. Heart Palpitations	[]					
97. Increased Blood Pressure	[]					
98. Increased Risk of Heart Disease	[]					
99. Dizziness / Lightheadedness	[]					
100. Chest Pain	[]					
J. Sensory Menopause Changes						
101. Tinnitus (ringing in ears)	[]					
102. Changes in Body Odor Perception	[]					
103. Burning Tongue Syndrome	[]					
104. Dry Mouth	[]					

Symptom	(Tick if Yes)	Severity (1-3)	Notes (e.g., frequency, triggers, impact)			
105. Gum Problems / Sensitive Gums	[]					
106. Altered Taste	[]					
107. Altered Smell	[]					
108. Dry Eyes	[]					
109. Blurred Vision	[]					
110. Increased Eye Floaters	[]					
111. Sensitivity to Light	[]					
112. Decreased Night Vision (Nyctalopia)	[]					
113. Sensitivity to Sound	[]					
114. Metallic Taste in Mouth	[]					
K. Other General Menopause Symptoms						
115. Headaches / Migraines (new or worsened)	[]					
116. Shortness of Breath	[]					
117. Breast Tenderness	[]					
118. Breast Changes (size, shape, density)	[]					
119. Electric Shock Sensations	[]					
120. Tingling Extremities (Paresthesia)	[]					
121. Swollen Feet / Ankles / Fluid Retention	[]					
122. General Malaise / Feeling Unwell	[]					
123. New or Worsened Allergies	[]					
124. Unexplained Body Aches / Pain	[]					
125. Weakened Immunity (more frequent illnesses)	[]					
126. Change in Menstrual Cycle Length/Flow	[]					
127. Oral Discomfort / Toothaches / Jaw Pain	[]					
128. Increased Sensitivity to Cold or Heat	[]					
129. Low Resilience	[]					
130. Reduced Physical Stamina	[]					
131. Brittle Bones (general fragility)	[]					
132. Increased Risk of Fatty Liver Disease (Metabolic Syndrome)	[]					
133. Voice Changes	[]					
134. Lumpy Breasts / Fibrocystic Changes	[]					