THE 3:04 CLUB / WITH DEE

Perimenopause symptom tracker

Two weeks, one line a day, no essays. Fill it in with a pencil while the kettle boils. Then take it to your appointment instead of trying to remember.

HOW TO USE THIS: pick a start date, fill in one row a night, and don't aim for perfect. The point isn't a tidy record - it's walking into a ten-minute appointment with evidence instead of a feeling. Rate things 1 (fine) to 5 (awful).

The daily grid

Day	Sleep hrs	Woke at 3am?	Sweats (1-5)	Mood (1-5)	Aches (1-5)	Energy (1-5)	Notes: what happened today
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							
Day 8							
Day 9							
Day 10							
Day 11							
Day 12							
Day 13							
Day 14							

Two weeks of this and you'll see the pattern yourself - which nights, what you ate, whether the 3am wake-up follows the wine. That's worth more than any symptom quiz on the internet.

The 3:04 Club - not medical advice. I'm not a doctor; talk to your healthcare provider about anything on this sheet. Some links in this PDF are affiliate links, which means I earn a commission if you buy.

What to circle (yes, on paper)

Tick anything you've had in the last month. Doctors work from lists; give them one.

- [ ] Irregular or changing periods
- [ ] Heavier or longer bleeding
- [ ] Hot flashes in the day
- [ ] Night sweats / soaked sheets
- [ ] Waking at 3am
- [ ] Trouble falling asleep
- [ ] New or worse anxiety
- [ ] Low mood
- [ ] Rage at small noises
- [ ] Brain fog / word-finding
- [ ] Forgetfulness
- [ ] Weight gain without diet change
- [ ] Fat around the middle
- [ ] Aching joints
- [ ] New stiffness in the morning
- [ ] Muscle aches
- [ ] Dry or itchy skin
- [ ] Thinning hair
- [ ] Palpitations
- [ ] New or changed headaches
- [ ] Vaginal dryness or pain with sex
- [ ] Recurrent UTIs or urgency
- [ ] Lower libido
- [ ] Feeling touched-out
- [ ] Needing to pee at night
- [ ] Exhaustion that sleep doesn't fix

What I tried, and did it do anything?

Cross things out as you go. This is the section that stops you spending another year and another two hundred pounds on things that never worked.

What I tried	When / how long	Did it help? (honest)	Cost

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Three things worth asking at your appointment

- These are my symptoms, this is how long they've been going on, and this is how much they're affecting my sleep and work. What else could explain them?
- Can we

What's on my shelf, since you asked

You'll get to the end of this and wonder what I actually take. Here it is, in the order I'd try them, with links that work in the digital copy. Nothing here is a cure and none of it replaces the boring stuff - protein, lifting twice a week, and a doctor who listens.

Sleep Revive - sleep, 60-day guarantee

Two capsule
one I'd start

Liv Pure - metabolism and stubborn middle weight

Two capsule
rules on you.

JointVive - joints, 365-day guarantee

One liquid d
narrating the

The coffee-drop one - metabolism, zero new habits

A tasteless p
here.

I earn a commission if you buy through these links, at no extra cost to you. I'm not a doctor and this isn't medical advice - check any supplement against your medication with a pharmacist. Statements have not been evaluated by the FDA.