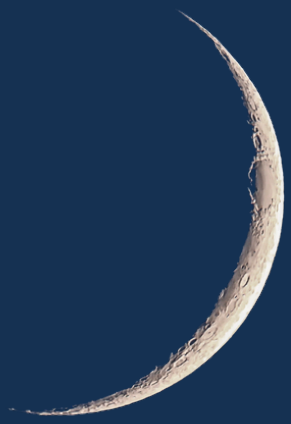
LIVE LIGHTER

Your Menopause Journal



YOU. UNLIMITED.

IMPERFECTLY

Perfect

This journal includes information, trackers, activities and a monthly planner to support your menopause journey. It's designed to help you feel and move better in your body. It does this through tips about nutrition, movement and sleep gathered from my years as a yoga and meditation teacher, mindset coach and menopause maven.

More importantly, it provides a space for you to get curious about what's going on for you on the mental, emotional and physical journey that is menopause. There are lots of ideas to try that may help you feel excited about what the future has to offer you. Test things out and see what works for you, what needs refinement, and what doesn't work for you. If any of the activities seem too much for your current bandwidth, please rip out those pages and recycle them. Focus on what sparks your curiosity the most. Of course you may want to get a full checkup to rule out other reasons for your symptoms while you give these tips a go.

Keep in mind this journal doesn't promise to make you fitter, stronger, thinner, or more flexible. It may not make your brain fog, aching joints, hot flushes and dry nether regions go away, although it's helped mine, and it doesn't replace medical advice from your doctor. It does give you helpful options and hopefully some relief.

So if there are no promises and no guarantees, why would I bother doing this?

Because you're worth the time and attention investment. If, like me, you've found yourself waking up and scanning your body first thing in the morning to see what feels off each day, if you've started feeling like a stranger in your own body, if you mostly feel blah, this is for you. This is your opportunity to see if changing your eating, sleeping and movement windows, and adding diversity to both your nutrition and exercise helps you change your relationship to menopause and to yourself. Some things will work. Some things won't. That's to be expected because we're all unique.

How do I recommend you use this journal?

Imperfectly.

You're perfect either way.

TWELVE HOUR

Section Two

TWELVE HOUR

Eating Window Plan

The first things to consider changing is your eating window. Most people spread their eating over a fifteen hour window. If that's you, feel free to ignore everything else in this journal and instead focus on this one goal: establishing a twelve hour eating window as your baseline. If you change nothing else about how you eat, exercise and sleep, changing this will be beneficial for your health. This is exactly where I started.

This is not something you need to do perfectly. This is something you need to do consistently. If 80% of the time you can stick to a twelve hour eating window, you will see and feel a difference in your health. You are more likely to be consistent if your method is sustainable and your attitude is one of curiosity.

The plan below is my recommendation for how to slowly, consistently and sustainably decrease your eating window. This plan is for 8am to 8pm eating and 8pm to 8am fasting, note this is flexible so adjust those time bands for what suits you best. For example, you may prefer 9am to 9pm. Please note it's preferable to break your fast within two hours of waking.

Goal eating window 8am to 8pm						
M	**T**	**W**	**T**	**F**	**S**	**S**
			1 Stop eating by 9:55pm	**2** Stop by 9:50pm	**3** Stop by 9:45pm	**4** Stop by 9:40pm
5 Stop by 9:30pm	**6** Stop by 9:30pm	**7** Stop by 9:30pm	**8** Stop by 9:25pm	**9** Stop by 9:20pm	**10** Stop by 9:20pm	**11** Stop by 9:20pm
12 Stop by 9:10pm	**13** Stop by 9:10pm	**14** Stop by 9:10pm	**15** Stop by 9:05pm	**16** Stop by 9:00pm	**17** Stop by 9:00pm	**18** Stop by 9:00pm
19 Stop by 8:45pm	**20** Stop by 8:45pm	**21** Stop by 8:45pm	**22** Stop by 8:35pm	**23** Stop by 8:30pm	**24** Stop by 8:30pm	**25** Stop by 8:30pm
26 Stop by 8:15pm	**27** Stop by 8:15pm	**28** Stop by 8:15pm	**29** Stop by 8:10pm	**30** Stop by 8:00pm	**31** Stop eating by 8:00pm	

TWELVE HOUR

Eating Window Tracker

Recording what happens each day and noticing your responses can help you find patterns in your thoughts, emotions and behaviours. Consider pairing this tracker with a thought download.

Day	Goal	Actual
1 ✓	9:55pm	
2	9:50pm	
3	9:45pm	
4	9:40pm	
5	9:30pm	
6	9:30pm	
7	9:30pm	
8	9:25pm	
9	9:20pm	
10	9:20pm	
11	9:20pm	
12	9:10pm	
13	9:10pm	
14	9:10pm	
15	9:05pm	
16	9:00pm	

Day	Goal	Actual
17	9:00pm	
18	9:00pm	
19	8:45pm	
20	8:45pm	
21	8:45pm	
22	8:35pm	
23	8:30pm	
24	8:30pm	
25	8:30pm	
26	8:15pm	
27	8:15pm	
28	8:15pm	
29	8:10pm	
30	8:00pm	
31	8:00pm	

TWELVE HOUR

Eating Window Journal

Below are some prompts that you may want to use as journal questions or thought downloads.

Prompts

How did I feel when I saw today's goal time?

What do I make it mean when I miss my goal time?

How am I getting so good at meeting my goal time?

TWELVE HOUR

Thought Download

You can’t get this wrong. Simply set your timer for five minutes and download anything that comes to mind about the topic.

Twelve Hour Eating Window

TWELVE HOUR

STEAR Model

The STEAR Model is one of my favourite mindset tools to use with clients (and myself).

Situation

What's the situation you are dealing with? For example, implementing the 12 hour window.

Thought

What's a thought prompted by your situation? For example, this might be hard.

Emotion

When you think that thought, how do you feel about it? For example, worried.

Actions

What kind of things do you do, or avoid doing when you are feeling that emotion? For example, spiralling thoughts, catastrophising, emotional eating, doom scrolling.

Results

When you take those actions, what kind of results are you likely to get? For example, weight gain, more deflated about my health.

TWELVE HOUR

Intentional STEAR Model

Results

What results do you want? For example, I easily maintain a 12 hour eating window.

Actions

What do you need to do and what do you need to stop doing to achieve that result? For example, follow the daily plan, meal planning, set alarms and manage mindset.

Emotion

How would you need to feel to take those actions? For example, confident.

Thought

What would you need to think to generate that emotion? For example, I can follow this imperfectly and with curiosity and that's ok.

Situation

What's the situation? For example, I want a 12 hour eating window.

For help with completing an unintentional or intentional STEAR model, book your free 15 minute coaching session by 31 January 2026.

PROGRESS

Colour Tracking

Colouring in a segment each time you drop an increment towards your twelve hour eating window goal is an alternative to checking off each time drop.