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**Perimenopause & Menopause Symptom Checklist**

SYMPTOMNOT AT ALL A LITTLE BIT QUITE A BIT EXTREMELY

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Hot flashes |  |  |  |  |
| Sweating at night |  |  |  |  |
| Trouble sleeping |  |  |  |  |
| Muscle and joint pains |  |  |  |  |
| Rapid heart rate or pounding heart rate |  |  |  |  |
| Brain fog (difficulty concentrating) |  |  |  |  |
| Forgetfulness |  |  |  |  |
| Decreased sexual desire |  |  |  |  |
| Vaginal dryness (causing painful sex) |  |  |  |  |
| Anxiety |  |  |  |  |
| Itchy skin |  |  |  |  |
| Tiredness |  |  |  |  |
| Urinary problems |  |  |  |  |
| Irregular periods |  |  |  |  |
| Mood changes (feeling unhappy or depressed) |  |  |  |  |
| Weight gain |  |  |  |  |