

# THE PERIMENOPAUSE & MENOPAUSE TRACKER.

*A 28-day log to map your symptoms against what you're actually doing. Stop guessing what's working. See your own pattern emerge.*

28-day daily log

Symptom reference

Weekly reflection prompts

End-of-month insights

## HOW TO USE IT.

- 01 Print or fill digitally**  
Page 2 is the protocol; page 3 is the daily log.  
Letter size. Pen, pencil, or PDF annotator — your call.
- 02 Track daily, briefly**  
Two minutes a day. Score symptoms 0–5. Note what services you did. Skip days are fine.
- 03 Reflect weekly**  
Page 4 has prompts. The pattern shows up faster than you'd think — usually by week two.
- 04 Review the month**  
Page 5 surfaces what 28 days of data is telling you. Bring it to your provider, or just to your next session.

## FIVE STEPS. TRACK WHAT SHIFTS.

Do these consistently. The log on the next page is how you'll see what's actually working.

**01 Traditional Sauna** 20–30 MIN · 3–4X/WEEK  
 Goal: Thermoregulatory recalibration + heat shock protein production.

**02 Cold Plunge** 3–5 MIN · AFTER SAUNA OR STANDALONE  
 Goal: Norepinephrine boost, mood lift, hot flash relief.

**03 Float Therapy** 60 MIN · 2–4X/MONTH  
 Goal: Deep cortisol reset + nervous system repair. Best lever for sleep.

**04 Red Light Therapy** 10–14 MIN · 3X/WEEK  
 Goal: Collagen, skin, connective tissue, scalp & hair follicle support.

**05 Strength Training (Tonal)** 3–4X/WEEK  
 Goal: Muscle, bone density & metabolic health.

**PRO TIP →** Try **sauna + cold plunge + float** on the same evening for the biggest sleep benefit. The temperature drop after sauna signals sleep onset; the float deepens it.

### DAILY & WEEKLY FOUNDATIONS.

The high-impact habits that quietly determine how everything else lands.

- Morning sunlight within 30–60 min of waking
- Eat a real dinner — don't skip evening meals
- Gentle movement + breathwork when stress rises
- Protein at every meal (a key lever for muscle)
- Consistent bedtime + dark, cool room
- Track one "win" each week — even small

# TWENTY-EIGHT DAYS. ONE ROW EACH.

Score each symptom 0 (none) to 5 (severe). Note what you did. The patterns are in the columns, not the rows.

■ WEEK 1   
 ■ WEEK 2   
 ■ WEEK 3   
 ■ WEEK 4

Hot flashes count · Sleep, Mood, Energy 0-5

DAY	DATE	HOT FLASHES	SLEEP 0-5	MOOD 0-5	ENERGY 0-5	SERVICES / MOVEMENT	NOTES
01							
02							
03							
04							
05							
06							
07							
08							
09							
10							
11							
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28							

# WHAT TO WATCH FOR. WHEN TO ASK WHY.

A quick reference for the symptoms most worth tracking, plus four weekly prompts to surface patterns earlier.

## VASOMOTOR

### Hot flashes & night sweats

Count them. **Frequency drops first**, intensity drops second. Note the time of day — clusters before bed signal something different than mid-afternoon spikes.

## SLEEP

### Onset, depth, and waking

A 0–5 score works fine. **Note 3am wakes separately** — they often track with cortisol and respond differently than trouble falling asleep.

## MOOD

### Baseline + volatility

Score the baseline day. If you had a big swing, note it in the comments. **Tracking both reveals more than either alone.**

## ENERGY

### Capacity, not motivation

Energy isn't laziness. Score what you actually had to spend that day. **Crashes often follow poor sleep by 24 hours** — the lag is the clue.

## HAIR

### Shedding & volume

Note shower-drain density and ponytail thickness weekly, not daily. **90-day lag between trigger and shed** — and the same lag on the way back.

## COGNITION

### Brain fog & word recall

Track if it shows up. **Brain fog often tracks with sleep more closely than with hormones** — your log will show this within two weeks.

## WEEKLY PROMPTS.

**01** "Which symptom moved most this week — and what changed alongside it?"

**02** "What did I do on my best day? My hardest? Anything I could repeat?"

**03** "Where is sleep showing up in everything else? Trace the line."

**04** "What surprised me this week — about my body, my mood, or my pattern?"

# TWENTY-EIGHT DAYS IN. WHAT DID YOU LEARN?

Five questions to surface what daily logging can't. Answer in your own words — these are for you, not for anyone else.

## QUESTION 01 · THE PATTERN

Which symptom changed the most over 28 days — and what do I think caused it?

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## QUESTION 02 · THE LEVER

What single intervention seemed to move the most for me — and is it something I can keep doing?

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## QUESTION 03 · THE SURPRISE

What surprised me — about my body, my pattern, or what was actually driving the worst days?

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## QUESTION 04 · THE QUESTION FOR MY PROVIDER

Based on this month, what's the one question I want to bring to my next provider visit?

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## QUESTION 05 · THE NEXT MONTH

What am I going to do differently in the next 28 days — and what will I keep tracking to know if it worked?

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## QUICK SCORECARD.

• Sleep quality	Before ___ / 10 → After ___ / 10	• Hot flash frequency	Before ___ /day → After ___ /day
• Mood baseline	Before ___ / 10 → After ___ / 10	• Energy baseline	Before ___ / 10 → After ___ / 10

## YOU'VE GOT THIS.

Small, consistent actions compound. Many Lincoln women report noticeable shifts in sleep, mood, hot flashes, and energy within 3–6 weeks — and visible hair and skin improvements in 8–12 weeks. Ready to experience the protocol in person? **Book a Fire & Ice or Float session at [lostinfloat.com/booking](https://lostinfloat.com/booking).**