
Balanced Feminine Path

Practical digital support for perimenopause

4-Week Perimenopause Reset Program

A month-long workbook for symptoms, sleep, food, stress, and steadier daily habits

Use this reset when one symptom tracker is not enough and you want a fuller structure for the month ahead.

Each week has a clear focus so you can pay attention, make fewer random changes, and keep what actually helps.

This workbook supports education and personal reflection. It is not medical advice. Talk with your doctor or another qualified healthcare professional about symptoms, treatment, supplements, or medication.

Week 1: Notice what is happening

- Track your top symptoms
- Note sleep, energy, mood, and bleeding changes
- Write the daily moments that feel hardest
- Stop adding five new fixes at once

Week 2: Stabilize your day

- Choose a simple morning anchor
- Plan steadier meals
- Protect a basic bedtime routine
- Reduce one avoidable stressor

Week 3: Review triggers and supports

- What makes symptoms flare?
- What reduces the load even a little?
- What patterns show up around sleep, food, and stress?
- What needs a doctor conversation instead of more self-experimenting?

Week 4: Keep what works

- Choose three habits worth keeping
- Write a short plan for rough symptom days
- Prepare your notes for appointments or follow-up care
- Keep your system small enough to repeat

Daily reset page

- Main symptom today: _____
- Energy today: _____
- Sleep last night: _____
- Best support today: _____

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- What I will repeat tomorrow: _____

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