

Perimenopause Symptom Tracker + Doctor Prep Kit

Price: \$27

Track symptoms, prepare for appointments, and spot patterns without relying on memory.

What is inside

- 30-day symptom tracker for sleep, mood, hot flashes, bleeding, energy, and brain fog
- Cycle and spotting log
- Food, stress, and trigger notes
- Doctor appointment planning pages
- Lab checklist and question prompts
- Weekly pattern review sheets

How to use it

- Complete the daily tracker for two to four weeks.
- Mark anything that changes your symptoms, including food, stress, and sleep.
- Review the weekly pages to notice patterns before your next appointment.
- Bring the doctor prep pages with you so you can ask focused questions.

What this helps you do

- Walk into appointments with useful notes
- See patterns instead of isolated rough days
- Track changes in a calm, practical format
- Advocate for yourself with more confidence

Prepared for Balanced Feminine Path. This preview outlines the digital product content and structure shown on the website sales page.