READ THIS FIRST

# You Are Not Crazy. You Are in Perimenopause.

The 3 a.m. wake-ups drenched in sweat. The rage that arrives out of nowhere. The brain fog, the flooding, the body that suddenly feels like a stranger. **None of it is in your head, and none of it is random.** It is your hormones shifting, and it leaves a trail you can follow.

## Why two minutes a day changes everything

Most women walk into the doctor's office with a vague list and walk out dismissed. This tracker turns scattered, easy-to-ignore symptoms into a clear pattern, so your next appointment starts with evidence instead of apologies. One cycle of tracking can reveal what is hormonal, what is worsening, and what deserves a real conversation.

1. **See the pattern.** Spot what is cyclical versus constant, and notice what is quietly getting worse before it becomes a crisis.
2. **Be taken seriously.** Walk in with data your doctor cannot wave away, instead of trying to remember six weeks of bad days.
3. **Take back control.** Understand your body so you can optimize this decade on your own terms, not just survive it.

**One cycle. Two minutes a day. Let's find your pattern.**

# How to Use the Symptoms Tracker

Here is how to log your cycle in about two minutes a day. Fill in one box per symptom, color it by intensity, and let the pattern build. By the end of one cycle you will have a clear picture to share with your doctor.

## 1 Understand the Layout

- **Top row (1 to 31):** each column represents a day of the month.
- **Left column:** lists your symptoms, from cramps and fatigue to mood and more.
- **Color key:** use the five colors below to log flow and symptom intensity.

Menstrual period | Spotting | Mild | Moderate | Severe

## 2 Track Daily

### A. Menstrual flow

Each day, take one to two minutes and mark the day as:

- **Period** for full flow
- **Spotting** for light bleeding outside your period

### B. Symptoms

For each symptom row, leave it blank if not present, or color the box by intensity:

- **Mild:** noticeable but manageable
- **Moderate:** affects daily comfort
- **Severe:** disrupts normal activities

### How to Work With Me

If you are interested in becoming a patient, have questions about our services, or would like to schedule a consultation, please complete the contact form and a member of our team will be in touch with you shortly.

**drjenniferroelands.com/contact-2/**

**Track it. Understand it. Take back your decade.**

Consistency beats perfection. Even a few logged days reveal a pattern.

JENNIFER ROELANDS, MD
OB/GYN • LONGEVITY EXPERT

# Menstrual Flow and Cycle Symptoms

Month: _____ Year: _____

Menstrual period | Spotting | Mild | Moderate | Severe

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Period | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Spotting | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Acne | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Backache | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bloating | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hot flashes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Breast tenderness | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Constipation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cramps | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Diarrhea | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Difficulty concentrating | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fatigue | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Food cravings | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Headache | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Irritability | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Joint pain | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Moody | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nausea | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tension | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Water retention | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Tip: color each box by intensity. Patterns become clear after just one full cycle.

COMING SEPTEMBER 2026

# You Are Not Crazy.

Your symptoms are real, and so is the path forward. PIVOT is your perimenopause playbook to age on your own terms, built around the five-step PIVOT framework.

**PRE-ORDER NOW →**

Reserve your copy and join the founding readers' list.

