

Pearii Perimenopause Tracker

Notice patterns. Build awareness. Support your transition.

This tracker is designed to help you gently check in with your body and notice patterns over time. There are no right or wrong entries—only observations. Use what feels supportive and skip what doesn't.

Daily Check-In

Date:	Day of Week:
Sleep (hours / quality):	
Energy Level (low → steady → high):	
Mood / Emotional State:	
Movement (type or rest):	
Meals / Nourishment Notes:	
Hydration:	
Body Signals (check any):	<input type="checkbox"/> Warmth <input type="checkbox"/> Bloating <input type="checkbox"/> Tension <input type="checkbox"/> Brain Fog <input type="checkbox"/> Other
Notes / Observations:	

Weekly Reflection

- What patterns did I notice this week?
- When did I feel most steady or supported?
- What felt draining or disruptive?
- What helped me feel more grounded?
- Is there anything I want to adjust next week?

This tracker is for awareness—not judgment or diagnosis. Small observations add up over time. Be patient with yourself.