



PERSONALIZED SYMPTOM GUIDE

Brain Fog + Focus Clarity Kit

A personalized symptom-tracking workbook for midlife clarity



Track patterns • Prepare for appointments • Feel more informed

How to use this kit

This guide is designed to help you organize focus and memory changes without trying to explain everything from memory.

1

Start with the snapshot pages

Write down what brain fog, focus, or memory changes feel like right now.

2

Use the monthly symptom tracker

Track the days that apply to your month. If your month has fewer than 31 days, leave the extra rows blank.

3

Reflect once a week

Notice what seems connected: sleep, stress, cycle timing, fatigue, mood, workload, or routines.

4

Prepare for care

Use the appointment prep and clinician handoff pages to summarize what you have noticed.

What this is for

This kit is educational and organizational. It is not a diagnosis or treatment plan, but it can help you prepare for a more focused conversation with a licensed clinician.

What you unlocked

- Your personalized symptom pattern summary
- Your top symptom priorities
- A 4-week clarity plan
- Symptom-specific snapshot pages
- Monthly tracker
- Weekly reflection pages
- Care questions to discuss with a clinician
- Clinician handoff summary

Quick start:

Fill out your snapshot, track at least 3 days, then complete the clinician handoff page before an appointment. You do not need to complete every page for this kit to be useful.

YOUR RESULT

Brain Fog + Focus

Your personalized result

BASED ON YOUR QUIZ ANSWERS
PRIMARY SYMPTOM PATTERN

Brain Fog + Focus

Your quiz answers suggest that brain fog, forgetfulness, focus changes, or mental fatigue are currently one of the clearest patterns in what you are experiencing.

What this kit helps you do

Track when focus changes happen, what may be connected, and how they affect work, conversations, memory, daily tasks, and confidence.

Your top symptom priorities

Brain fog can overlap with other changes. These are the three areas this version helps you organize first.

1

Brain Fog + Focus

Track focus, forgetfulness, word-finding, mental fatigue, and what feels different from your usual.

2

Sleep + Fatigue

Notice whether poor sleep or low energy connects with concentration and memory.

3

Mood + Stress Patterns

Track whether stress, anxiety, overwhelm, or irritability affects mental clarity.

Your 4-week clarity plan

Week 1

Get a baseline. Track focus, memory, sleep, energy, and when brain fog is most noticeable.

Week 2

Look for patterns around sleep, stress, workload, caffeine, meals, cycle timing, or hot flashes.

Week 3

Notice impact on work, conversations, daily tasks, confidence, and relationships.

Week 4

Summarize your clearest patterns and choose your top questions for care.

Keep it simple

Short notes are enough. The goal is a clearer pattern, not a perfect record.

Brain fog + focus snapshot

Use this page to capture what feels most true for you right now.

Focus changes I notice

- ☐ Trouble concentrating
- ☐ Mental fatigue
- ☐ Hard to finish tasks
- ☐ Feeling scattered
- ☐ Harder to multitask
- ☐ Other: _____

Memory changes I notice

- ☐ Forgetfulness
- ☐ Word-finding difficulty
- ☐ Losing my train of thought
- ☐ Misplacing things
- ☐ Forgetting why I entered a room
- ☐ Other: _____

The symptom bothering me most right now

How this is affecting my daily life

What I most want clarity on this month

Cycle and bleeding snapshot

If you still have periods, use this page to capture your recent cycle pattern. If you do not have periods, use the notes area for any relevant history you want to remember.

Periods recently

- ☐ Mostly regular
- ☐ Less predictable
- ☐ Skipped periods
- ☐ Heavier than usual
- ☐ Lighter than usual
- ☐ Spotting
- ☐ Not applicable

Bring up promptly

- ☐ Bleeding after 12 months without a period
- ☐ Very heavy bleeding
- ☐ Bleeding that feels unusual for me
- ☐ Severe pelvic pain
- ☐ I want to ask what is normal for me

Date of last period, if applicable

What changed compared with my usual pattern

Questions or concerns about bleeding or cycles

Focus symptoms baseline

Before you begin the tracker, write a quick baseline. This helps you compare what you notice later.

How disruptive is brain fog right now?

012345678910

How disruptive are focus or memory changes?

012345678910

What feels different from my usual focus or memory

Situations where I notice it most

How sleep, stress, mood, or cycle timing may be connected

Understanding brain fog + focus changes

Some people notice changes in mental clarity during midlife, including forgetfulness, trouble concentrating, word-finding issues, feeling scattered, or mental fatigue. These changes can overlap with sleep disruption, stress, mood changes, fatigue, and other health factors.

The goal is not to self-diagnose. The goal is to notice when it happens, what may be connected, and how it affects daily life.

What to notice

- Whether focus changes feel new or different from your usual.
- Whether symptoms happen at a certain time of day.
- Whether poor sleep, stress, anxiety, hot flashes, or fatigue show up around the same time.
- Whether symptoms affect work, conversations, driving, planning, or daily tasks.
- Whether symptoms are increasing, worrying you, or affecting quality of life.

What to track first

For this symptom pattern, focus on the details that help explain timing, context, and impact.

Type of fog

Forgetfulness, word-finding, trouble focusing, losing track, or mental fatigue.

Timing

Morning, afternoon, evening, after poor sleep, during work, or around cycle timing.

Sleep connection

Notice whether brain fog follows poor sleep, night waking, or fatigue.

Stress connection

Workload, overwhelm, racing thoughts, anxiety, or multitasking.

Body context

Hot flashes, headaches, skipped meals, caffeine, alcohol, hydration, or medication timing.

Daily impact

Work, conversations, planning, confidence, relationships, or routines.

Brain fog pattern map

Use this page to notice which pattern shows up most often.

What it feels like

- ☐ Foggy
- ☐ Scattered
- ☐ Forgetful
- ☐ Mentally slow
- ☐ Hard to find words

When it happens

- ☐ Morning
- ☐ Afternoon
- ☐ After poor sleep
- ☐ During stressful tasks
- ☐ Around my cycle

Possible context

- ☐ Poor sleep
- ☐ Stress
- ☐ Fatigue
- ☐ Heat symptoms
- ☐ Skipping meals

Impact

- ☐ Work
- ☐ Conversations
- ☐ Memory
- ☐ Planning
- ☐ Confidence

The pattern I notice most often

Focus + workload map

This page helps you describe where brain fog is showing up, so you can bring specific examples to a clinician.

Tasks that feel harder

- ☐ Work tasks
- ☐ Meetings
- ☐ Scheduling/planning
- ☐ Household tasks
- ☐ Driving/navigation
- ☐ Conversations

What seems to help

- ☐ Sleep
- ☐ Breaks
- ☐ Movement
- ☐ Lists/reminders
- ☐ Eating regularly
- ☐ Quiet time

One example I want to remember

What helps even a little

Daily life impact map

Use this page to describe how focus changes are affecting your life in plain language.

Work + productivity
Task follow-through, meetings, confidence, mistakes, or mental stamina.

Home + routines
Planning, remembering tasks, errands, caregiving, or keeping track of details.

Communication
Word-finding, losing your train of thought, or following conversations.

Self-trust
Feeling less sharp, less confident, or worried about what is happening.

The impact I most want my clinician to understand

Helpful reminder
Tracking brain fog is not about proving anything. It is about having clearer examples.

Options to discuss with a clinician

If symptoms are affecting your quality of life, a clinician can help you think through what may be contributing and what options may be worth discussing.

Brain fog conversation

Could hormone changes, sleep disruption, stress, mood, fatigue, or another health factor be contributing to my brain fog?

Overlap

Ask whether sleep, stress, hot flashes, cycle changes, medications, or other health factors could be connected.

Medical evaluation

Ask whether any symptoms suggest another issue should be evaluated.

Support options

Ask about hormonal and non-hormonal options, lifestyle supports, therapy, medications, or follow-up steps that may fit your situation.

Important note

Severe symptoms, chest pain, fainting, shortness of breath, or thoughts of self-harm deserve prompt medical attention.

Health Factors & Tests to Discuss

Brain fog and focus changes can overlap with sleep disruption, fatigue, stress, mood, workload, medications, thyroid changes, iron levels, vitamin levels, blood sugar, and other health factors. These are not “brain fog tests.” They are possible health factors to discuss if your clinician thinks they fit your history.

This page is a conversation starter

This page is not a diagnosis, a required lab panel, or medical advice. Symptoms can overlap with perimenopause, but they can also be affected by other health factors. Use this page to ask your clinician what, if anything, is worth checking based on your symptoms, history, medications, and risk factors.

Keep care and testing clinician-led

Do not use this page to self-order tests or self-diagnose. Use it to ask your clinician: “Based on my symptoms and history, what evaluation, if any, would actually change the next step?”

Focus changes I want to explain clearly

Describe what feels different: forgetfulness, word-finding, losing your train of thought, trouble finishing tasks, mental fatigue, or feeling scattered.

Sleep + fatigue connection

Ask whether poor sleep, night waking, hot flashes, fatigue, snoring, or daytime sleepiness could be contributing to focus and memory changes.

Common health factors to ask about

Depending on your history, ask whether TSH with possible free T4, CBC, ferritin/iron studies, vitamin B12, vitamin D, A1c, or fasting glucose would be useful.

Medication + supplement review

Review prescriptions, supplements, sleep aids, antihistamines, caffeine, alcohol, hormone use, and any timing changes that might affect attention, sleep, or mental clarity.

Symptoms that make me wonder if testing/evaluation would help

Questions I want to ask my clinician

Monthly symptom tracker key

Use this tracker to capture the clearest details about your brain fog and focus pattern across the month.

Small note

Use the days that apply to your month. If your month has fewer than 31 days, leave the extra rows blank.

Intensity

Use a simple 0–10 rating when it helps. 0 can mean not present and 10 can mean very disruptive.

Sleep

Note sleep quality or night waking if it seems connected to your symptoms.

Context

Write quick notes about stress, cycle timing, workload, meals, caffeine, alcohol, heat symptoms, or other possible connections.

Impact

Notice what symptoms affected most: focus, mood, confidence, work, relationships, energy, or routines.

Week 1 tracker: days 1–7

Fill in one row per day. Keep it simple. Short notes are enough.

DAY	FOCUS	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 1	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 2	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 3	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 4	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 5	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 6	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 7	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES

Quick notes for this week

Week 2 tracker: days 8–14

Keep using the same short format each day so the pattern is easy to review later.

DAY	FOCUS	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 8	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 9	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 10	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 11	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 12	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 13	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 14	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES

Quick notes for this week

Week 3 tracker: days 15–21

By this point, watch for repeated patterns and what seems connected.

DAY	FOCUS	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 15	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 16	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 17	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 18	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 19	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 20	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 21	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES

Quick notes for this week

Week 4 tracker: days 22–28

Do not worry about perfect detail. A few notes each day can still make the pattern clearer.

DAY	FOCUS	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 22	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 23	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 24	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 25	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 26	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 27	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 28	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES

Quick notes for this week

Final tracker: days 29–31 + month-end notes

Use the days that apply to your month. If your month has fewer than 31 days, leave the extra rows blank.

DAY	FOCUS	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 29	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 30	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 31	FOCUS PATTERN	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES

Month-end notes

Patterns I noticed most often

What I want to bring up with my clinician

Week 1 Reflection

Use this page at the end of the week to summarize what stood out most.

The most noticeable brain fog or focus pattern this week

What seemed to make symptoms better or easier

What seemed to make symptoms worse or more noticeable

How this affected my daily life

Questions or observations I want to remember

Week 2 Reflection

Use this page at the end of the week to summarize what stood out most.

The most noticeable brain fog or focus pattern this week

What seemed to make symptoms better or easier

What seemed to make symptoms worse or more noticeable

How this affected my daily life

Questions or observations I want to remember

Week 3 Reflection

Use this page at the end of the week to summarize what stood out most.

The most noticeable brain fog or focus pattern this week

What seemed to make symptoms better or easier

What seemed to make symptoms worse or more noticeable

How this affected my daily life

Questions or observations I want to remember

Week 4 Reflection

Use this page at the end of the week to summarize what stood out most.

The most noticeable brain fog or focus pattern this week

What seemed to make symptoms better or easier

What seemed to make symptoms worse or more noticeable

How this affected my daily life

Questions or observations I want to remember

Before your appointment

Use this page to turn your notes into a clear story you can share.

The biggest brain fog or focus issue I want to discuss

How long I have been noticing this

Examples of how this affects my daily life

Patterns I noticed over the month

Anything that seemed to help or worsen the pattern

Questions to ask a clinician

Questions about brain fog and focus changes

- ☐ Could these focus or memory changes be related to perimenopause, sleep disruption, stress, mood, workload, medications, or another health factor?
- ☐ Are there symptoms that would make you recommend additional evaluation?
- ☐ Would thyroid, iron, B12, vitamin D, blood sugar, medication review, or sleep quality be worth discussing based on my history?
- ☐ Could snoring, frequent waking, or daytime sleepiness suggest a sleep issue should be evaluated?
- ☐ What hormonal and non-hormonal options are worth discussing if this fits perimenopause?
- ☐ How should I track focus changes before a follow-up?

My own questions

My Vivlyn Summary for a Clinician

Name

Date

Primary result

Brain Fog + Focus

Main symptoms I am noticing

How it is affecting daily life

Patterns I noticed

Current medications, supplements, hormones, sleep aids, or recent changes I want to mention

Care questions, testing, or evaluation topics I want to discuss

Month-end review

Before you close the guide, take a minute to summarize the clearest takeaways.

The strongest brain fog or focus pattern I noticed this month

The question I most want answered

What I want to keep tracking next month, if needed

Reminder

Progress here does not mean you solved everything. It means you now have clearer information to work with.

Your next step

You can bring this kit to your own clinician. When Vivlyn-supported care becomes available, your completed summary may help you prepare for a more focused clinician conversation.

Join the Vivlyn Care waitlist

Printed copy? Visit: join.meetvivlyn.com/#future-care



Educational note:

Vivlyn does not diagnose, prescribe, treat, or determine care eligibility. Any clinical care, testing, prescriptions, or treatment decisions must happen separately through a licensed clinician or clinical partner.

Educational sources

This kit is educational and organizational. It is not a diagnosis, treatment plan, or required lab/testing plan. Care questions and testing topics are included as clinician discussion points, not recommendations to self-order tests or change treatment.

The Menopause Society

General information on common menopause and perimenopause symptoms, including cognitive changes, sleep disruption, mood changes, and symptom tracking.

ACOG

General patient education on the menopause transition, symptom patterns, clinician conversations, and when bleeding changes deserve prompt evaluation.

Mayo Clinic

General patient education on perimenopause, menopause symptoms, brain fog, fatigue, thyroid overlap, and preparing for a healthcare visit by tracking symptom patterns.

Safety note

If you have urgent or severe symptoms, this guide should not delay medical care.

You do not need perfect notes to have a worthwhile conversation. Clearer patterns are enough.



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PERIMENOPAUSE CLARITY KIT