



PERSONALIZED SYMPTOM GUIDE

Cycle Changes 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 cycle and bleeding changes in a clear, printable format.

1**Start with the snapshot pages**

Write down what has changed about timing, flow, spotting, skipped periods, and related symptoms.

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, mood, hot flashes, cramps, stress, or cycle timing.

4**Prepare for care**

Use the appointment prep and clinician handoff pages to summarize your pattern.

Important note

Bleeding after 12 months without a period, very heavy bleeding, severe pelvic pain, or bleeding that feels unusual for you should be discussed promptly with a 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.

Cycle Changes

Your personalized result

BASED ON YOUR QUIZ ANSWERS
PRIMARY SYMPTOM PATTERN

Cycle Changes

Your quiz answers suggest that period timing, bleeding pattern, skipped periods, spotting, or flow changes are currently one of the clearest patterns in what you are experiencing.

What this kit helps you do

Track cycle timing, bleeding days, flow changes, spotting, related symptoms, and questions to bring to a licensed clinician.

Your top symptom priorities

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

1

Cycle Changes

Track timing, skipped periods, spotting, flow, and what feels different from your usual.

2

Bleeding Pattern + Flow

Notice heavier, lighter, longer, shorter, closer together, or more unpredictable bleeding.

3

Related Symptoms

Track cramps, sleep, mood, hot flashes, fatigue, or body changes around your cycle.

Your 4-week clarity plan

Week 1

Get a baseline. Write down your last period, usual cycle pattern, and what has changed.

Week 2

Track bleeding days, flow, spotting, cramps, and any symptoms that show up around your cycle.

Week 3

Look for timing patterns and whether symptoms cluster before, during, or after bleeding.

Week 4

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

Keep it simple

Short notes are enough. You are looking for a clearer pattern, not a perfect record.

Cycle + bleeding snapshot

Use this page to capture what has changed compared with your usual pattern.

Timing changes

- ☐ Less predictable
- ☐ Skipped periods
- ☐ Closer together
- ☐ Farther apart
- ☐ Shorter or longer than usual
- ☐ Not sure

Flow changes

- ☐ Heavier than usual
- ☐ Lighter than usual
- ☐ Spotting
- ☐ Clots or flooding
- ☐ Bleeding between periods
- ☐ Other: _____

Date of last period, if applicable

What changed compared with my usual pattern

What I most want clarity on this month

Bleeding safety snapshot

This page helps you separate general tracking from symptoms that deserve more prompt attention.

What I am tracking

- ☐ Timing changes
- ☐ Flow changes
- ☐ Spotting
- ☐ Skipped periods
- ☐ Symptoms around bleeding
- ☐ Other: _____

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

What feels most concerning or different

Prompt care reminder

Bleeding after 12 months without a period, very heavy bleeding, severe pelvic pain, or bleeding that feels unusual for you should be discussed promptly with a clinician.

Cycle pattern baseline

Before you begin the tracker, write a quick baseline. This gives you something to compare with later.

How disruptive are cycle changes right now?

012345678910

How concerned do I feel about bleeding changes?

012345678910

My usual cycle pattern before this changed

What feels different now

Symptoms that seem to happen around bleeding or cycle timing

Understanding cycle changes

During the menopause transition, periods can become less predictable. Some people notice skipped periods, closer-together cycles, heavier or lighter flow, spotting, or changes in symptoms around bleeding.

Even when changes can happen during midlife, tracking matters because bleeding patterns can also deserve medical evaluation. Your notes can help a clinician understand what changed and when.

What to notice

- Whether cycles are closer together, farther apart, or skipped.
- Whether flow is heavier, lighter, longer, shorter, or different from your usual.
- Whether spotting or bleeding between periods happens.
- Whether pain, fatigue, sleep, mood, or hot flashes cluster around cycle timing.
- Whether any bleeding feels unusual, very heavy, or concerning.

What to track first

For this symptom pattern, focus on the details that help explain timing, flow, symptoms, and concern level.

Dates

Period start and end dates, spotting days, skipped periods, or long gaps.

Flow

Light, medium, heavy, very heavy, clots, flooding, or changes from your usual.

Symptoms

Cramps, headaches, fatigue, sleep disruption, mood changes, hot flashes, or body changes.

Impact

Work, sleep, planning, exercise, relationships, confidence, or daily routines.

Concern level

What feels normal for you versus what feels unusual or worth asking about.

Questions

What you want clarified about cycle timing, flow, and what to monitor next.

Cycle pattern map

Use this page to notice what kind of cycle change shows up most often.

Timing

- ☐ Closer together
- ☐ Farther apart
- ☐ Skipped period
- ☐ Unpredictable
- ☐ Not sure

Flow

- ☐ Heavier
- ☐ Lighter
- ☐ Longer
- ☐ Shorter
- ☐ Spotting

Symptoms around cycle

- ☐ Cramps
- ☐ Fatigue
- ☐ Mood changes
- ☐ Headaches
- ☐ Hot flashes

Impact

- ☐ Planning
- ☐ Sleep
- ☐ Work
- ☐ Exercise
- ☐ Confidence

The pattern I notice most often

Flow + spotting notes

Use this page when bleeding changes are the detail you most want to explain clearly.

Flow language I can use

- ☐ Light
- ☐ Medium
- ☐ Heavy
- ☐ Very heavy
- ☐ Clots/flooding
- ☐ Different from usual

Spotting notes

- ☐ Before period
- ☐ After period
- ☐ Between periods
- ☐ After sex
- ☐ Not sure when it happens
- ☐ Other: _____

What I want to describe clearly to my clinician

What I want to ask about flow or spotting

Daily life impact map

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

Planning
Unpredictability, travel, clothing, supplies, calendar planning, or feeling caught off guard.
Sleep + energy
Fatigue, cramps, waking at night, or feeling drained around bleeding.
Mood + focus
Irritability, anxiety, brain fog, or emotional changes around cycle timing.
Confidence
Feeling worried, distracted, embarrassed, or unsure what is normal for you.

The impact I most want my clinician to understand

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.

Cycle conversation

Could these cycle and bleeding changes be related to perimenopause, and what patterns should be evaluated?

Overlap

Ask whether sleep, stress, hot flashes, mood, medication timing, cycle changes, 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, medications, or follow-up steps that may fit your situation.

Important note

Bleeding after 12 months without a period, very heavy bleeding, severe pelvic pain, or bleeding that feels unusual for you should be discussed promptly with a clinician.

Cycle Changes + Testing to Discuss

Cycle and bleeding changes can overlap with perimenopause, but they can also be affected by pregnancy, thyroid changes, bleeding patterns, medications, and other health factors. Use this page to organize what you want to ask, not to decide what testing you need on your own.

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.

Ask before ordering tests

Do not use this page to self-order tests. A helpful question to ask is: "Which tests would change what we do next, and which ones are unlikely to be useful for my situation?"

Bleeding pattern to describe

Timing, skipped periods, spotting, bleeding between periods, flow changes, clots, flooding, pain, and how this compares with your usual pattern.

Common checks to ask about

Ask whether a pregnancy test, CBC, ferritin or iron studies, or TSH with possible free T4 makes sense based on your symptoms and history.

Hormones, if relevant

Prolactin or other hormones may be discussed only if your clinician thinks they fit your pattern. Hormone testing is not always needed.

Evaluation, if recommended

Ask whether pelvic exam, ultrasound, biopsy, or other evaluation is appropriate based on age, history, bleeding pattern, and symptoms.

Discuss promptly when needed

Bleeding after 12 months without a period, very heavy bleeding, severe pelvic pain, or bleeding that feels unusual for you should be discussed promptly with a clinician.

Symptoms that make me wonder if testing or evaluation would help

Questions I want to ask my clinician

Monthly symptom tracker key

Use this tracker to capture the clearest details about your cycle and bleeding 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.

Daily detail

One row per day is enough. Short phrases are better than skipping the tracker because it feels like too much.

Intensity

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

Context

Note sleep, stress, cycle timing, meals, movement, medication timing, hot flashes, or anything else that seems connected.

Impact

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

Week 1 tracker: days 1–7

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

DAY	BLEEDING	SYMPTOMS	CONTEXT	IMPACT / NOTES
Day 1	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 2	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 3	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 4	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 5	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 6	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 7	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	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	BLEEDING	SYMPTOMS	CONTEXT	IMPACT / NOTES
Day 8	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 9	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 10	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 11	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 12	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 13	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 14	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	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	BLEEDING	SYMPTOMS	CONTEXT	IMPACT / NOTES
Day 15	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 16	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 17	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 18	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 19	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 20	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 21	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	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	BLEEDING	SYMPTOMS	CONTEXT	IMPACT / NOTES
Day 22	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 23	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 24	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 25	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 26	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 27	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 28	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	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	BLEEDING	SYMPTOMS	CONTEXT	IMPACT / NOTES
Day 29	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 30	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	POSSIBLE TRIGGER	NOTES
Day 31	BLEEDING/SPOTTING	CRAMPS/ENERGY	CYCLE DAY/CONTEXT	IMPACT
	FLOW	MOOD/SLEEP	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 cycle or bleeding 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 cycle or bleeding 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 cycle or bleeding 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 cycle or bleeding 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 cycle or bleeding 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, worsen, or make me wonder about evaluation

Questions to ask a clinician

Questions about cycle changes and bleeding patterns

- ☐ Could these cycle changes be related to perimenopause?
- ☐ Are any of my bleeding changes concerning or worth evaluating?
- ☐ Would a pregnancy test be relevant based on my situation?
- ☐ Should we discuss CBC, ferritin/iron, or thyroid testing based on my bleeding, fatigue, or history?
- ☐ Do my symptoms suggest evaluation for abnormal uterine bleeding?
- ☐ Would pelvic exam, ultrasound, biopsy, or other evaluation make sense based on my age, history, or symptoms?
- ☐ What hormonal or non-hormonal options are worth discussing?
- ☐ What follow-up should I plan if the pattern continues?

My own questions

My Vivlyn Summary for a Clinician

Name

Date

Primary result

Cycle Changes

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 cycle or bleeding 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 cycle changes during the menopause transition.

ACOG

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

Mayo Clinic

General patient education on menopause symptoms, cycle changes, and preparing for a healthcare visit by tracking symptom patterns.

Safety note

If you have urgent, severe, or unusual bleeding 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