



PERSONALIZED SYMPTOM GUIDE

Mixed Symptoms 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 for when symptoms do not fit neatly into one box. The goal is to help you organize what is happening across several areas without feeling overwhelmed.

1

Start broad

Use the snapshot pages to identify your top symptoms across sleep, mood, heat, focus, cycles, body, and comfort.

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

Look for clusters

Notice which symptoms travel together and what seems to happen before or after them.

4

Choose your top questions

The appointment prep pages help you turn scattered symptoms into a clearer clinician conversation.

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.

Mixed Symptoms

Your personalized result

BASED ON YOUR QUIZ ANSWERS
PRIMARY SYMPTOM PATTERN

Mixed Symptoms

Your quiz answers suggest that more than one symptom area is showing up strongly right now. This can make it harder to know where to start, so this version helps you organize the full picture and identify the clearest patterns.

What this kit helps you do

Track multiple symptom areas together, notice clusters, identify top priorities, and prepare a concise summary for a licensed clinician.

Mixed Symptoms

Your top symptom priorities

Use this page to choose the three areas that feel most important right now.

1**My top priority for care: _____**

Write the symptom area that feels most disruptive, concerning, or confusing right now.

2**My second priority: _____**

Write the second area you want to track or discuss with a clinician.

3**My third priority: _____**

Write the third area that may be connected or worth monitoring.

What I most want clarity on

Your 4-week clarity plan

Week 1

Get a broad baseline. Track the symptoms that show up most often and what affects daily life.

Week 2

Look for clusters. Notice whether sleep, stress, cycle timing, heat, mood, or energy connect.

Week 3

Prioritize. Circle the top two or three symptoms that matter most for care.

Week 4

Summarize. Prepare a short story of what changed, what repeats, and what you want to ask.

Keep it simple

Short notes are enough. The goal is to find patterns, not track every detail perfectly.

Mixed symptom snapshot

Check what you have noticed recently. Add details only where helpful.

Heat + sleep

- ☐ Hot flashes
- ☐ Night sweats
- ☐ Trouble sleeping
- ☐ Fatigue
- ☐ Other: _____

Mood + focus

- ☐ Anxiety
- ☐ Irritability
- ☐ Mood swings
- ☐ Brain fog
- ☐ Other: _____

Cycle + body

- ☐ Irregular periods
- ☐ Skipped periods
- ☐ Flow changes
- ☐ Weight or appetite changes
- ☐ Other: _____

Comfort + intimacy

- ☐ Vaginal dryness or discomfort
- ☐ Urinary changes
- ☐ Libido or intimacy changes
- ☐ Body confidence changes
- ☐ Other: _____

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

Pattern finder baseline

Before you begin the tracker, write a quick baseline of what feels most confusing or disruptive.

How confusing do symptoms feel right now?

012345678910

How disruptive are symptoms overall?

012345678910

The symptoms I notice most often

The symptoms affecting daily life most

What I want to understand better

Understanding mixed symptoms

Perimenopause and midlife changes can show up across multiple areas at the same time, including sleep, hot flashes, mood, focus, cycles, body changes, urinary symptoms, intimacy, and energy. When symptoms overlap, it can be harder to know where to start.

The goal of this guide is to help you notice clusters: symptoms that happen together, symptoms that seem to trigger other symptoms, and the areas that are most affecting daily life.

What to notice

- Which symptoms happen most often.
- Which symptoms are most disruptive.
- Whether poor sleep makes other symptoms worse.
- Whether symptoms cluster around cycle timing, stress, heat episodes, or fatigue.
- Which three areas you most want help discussing with a clinician.

Mixed Symptoms

What to track first

For this result, do not try to track everything. Focus on the few details that help you see the bigger pattern.

Top symptom

Which symptom was most noticeable today?

Second symptom

Did another symptom show up with it?

Sleep + energy

How did sleep and energy feel that day?

Cycle timing

If relevant, note bleeding, spotting, skipped periods, or cycle phase.

Context

Stress, caffeine, alcohol, meals, exercise, heat, workload, or life events.

Impact

What did symptoms affect most: work, sleep, mood, focus, confidence, or routines?

Mixed Symptoms

Symptom cluster map

Use this page to circle or check groups that seem to show up together.

Sleep cluster

- ☐ Poor sleep
- ☐ Fatigue
- ☐ Brain fog
- ☐ Irritability
- ☐ Cravings

Heat cluster

- ☐ Hot flashes
- ☐ Night sweats
- ☐ Sleep disruption
- ☐ Low energy
- ☐ Mood changes

Cycle cluster

- ☐ Irregular periods
- ☐ Flow changes
- ☐ Mood shifts
- ☐ Headaches or cramps
- ☐ Body changes

Comfort cluster

- ☐ Vaginal discomfort
- ☐ Urinary changes
- ☐ Intimacy changes
- ☐ Confidence changes
- ☐ Sleep impact

The cluster I notice most often

Priority sorter

When many symptoms are happening, choosing a starting point can make care conversations easier.

Most disruptive

Which symptom affects daily life most?

Most frequent

Which symptom happens most often?

Most concerning

Which symptom worries you most?

Most connected

Which symptom seems to trigger or worsen others?

My top priority for care

My second priority

My third priority

Daily life impact map

Use this page to describe how the overall pattern is affecting your life in plain language.

Sleep + energy

Rest, fatigue, stamina, exercise, recovery, or morning routines.

Work + focus

Productivity, meetings, memory, confidence, or task follow-through.

Mood + relationships

Patience, anxiety, irritability, emotional steadiness, or connection.

Body + comfort

Weight/body changes, urinary symptoms, vaginal comfort, intimacy, or confidence.

The impact I most want my clinician to understand

Options to discuss with a clinician

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

Mixed symptom conversation

How do we decide which symptom pattern to address first, and what other causes should we consider?

Overlap

Ask whether sleep, stress, hot flashes, mood, medications, cycle changes, urinary symptoms, 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, pelvic floor support, 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.

Questions to Prioritize With a Clinician

Because several symptoms are showing up together, this page helps you narrow the conversation instead of trying to cover everything at once.

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?"

My top 2–3 symptom areas

Choose the few areas that feel most disruptive, most frequent, or most concerning: sleep, heat, mood, focus, cycle, body, urinary, vaginal, or intimacy changes.

New, severe, or concerning symptoms

Ask which symptoms should be addressed promptly, especially heavy bleeding, bleeding after 12 months without a period, severe pain, fainting, chest pain, or thoughts of self-harm.

Questions I want to ask first

Ask how to prioritize the visit: which symptom to discuss first, what could be connected, and what information would help guide the next step.

Labs or screening questions

Keep this broad. Possible discussion topics may include sleep/fatigue, bleeding/cycle changes, mood safety, thyroid, iron, blood sugar, or medication review if relevant.

When to seek prompt care

Seek prompt medical care for chest pain, fainting, shortness of breath, thoughts of self-harm, very heavy bleeding, severe pelvic pain, bleeding after 12 months without a period, or symptoms that feel sudden, severe, or unusual for you.

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 mixed symptoms 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, medications, hot flashes, mood, or anything else that seems connected.

Impact

Notice what symptoms affected most: comfort, confidence, sleep, mood, 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	TOP SYMPTOM	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 1	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 2	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 3	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 4	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 5	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 6	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 7	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/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	TOP SYMPTOM	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 8	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 9	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 10	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 11	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 12	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 13	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 14	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES

Quick notes for this week

Mixed Symptoms

Week 3 tracker: days 15–21

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

DAY	TOP SYMPTOM	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 15	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 16	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 17	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 18	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 19	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 20	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 21	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/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	TOP SYMPTOM	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 22	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 23	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 24	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 25	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 26	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 27	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 28	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/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	TOP SYMPTOM	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 29	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 30	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/CONTEXT	IMPACT
	INTENSITY 0–10	ENERGY 0–10	POSSIBLE TRIGGER	NOTES
Day 31	MAIN SYMPTOM	SLEEP 0–10	CYCLE/STRESS/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

Mixed Symptoms

Week 1 Reflection

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

The most noticeable mixed symptom 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

Mixed Symptoms

Week 2 Reflection

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

The most noticeable mixed symptom 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

Mixed Symptoms

Week 3 Reflection

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

The most noticeable mixed symptom 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

Mixed Symptoms

Week 4 Reflection

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

The most noticeable mixed symptom 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

Mixed Symptoms

Before your appointment

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

The biggest overall symptom pattern 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

Mixed Symptoms

Questions to ask a clinician

Questions about mixed symptoms

- ☐ Which 2 or 3 symptom areas should we focus on first?
- ☐ Could these symptoms be related to perimenopause, or should we consider other causes?
- ☐ Are any of my symptoms new, severe, or concerning enough to evaluate sooner?
- ☐ Could sleep/fatigue, bleeding/cycle changes, mood safety, thyroid, iron, blood sugar, or medication effects be relevant discussion topics?
- ☐ Which tests or screening questions would actually change what we do next?
- ☐ What hormonal, non-hormonal, lifestyle, medication, or follow-up options are worth discussing for my top priority?
- ☐ What should I track before a follow-up?

My top questions / what would change my next step

Mixed Symptoms

My Vivlyn Summary for a Clinician

Name

Date

Primary result

Mixed Symptoms

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

Mixed Symptoms

Month-end review

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

The strongest overall symptom 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 genitourinary symptoms, sleep, mood, hot flashes, and body changes.

ACOG

General patient education on the menopause transition, symptom patterns, and when bleeding or urinary symptoms deserve clinician evaluation.

Mayo Clinic

General patient education on menopause symptoms, overlapping health factors, 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