



PERSONALIZED SYMPTOM GUIDE

Weight + Body Changes Clarity Kit

A personalized symptom-tracking workbook for midlife clarity



How to use this kit

This guide is designed to help you organize weight, appetite, and body changes without shame or self-blame.

1

Start with the snapshot pages

Write down what feels different about your body, appetite, cravings, energy, and routines.

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, appetite, movement, cycle timing, mood, or fatigue.

4

Prepare for care

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

What this is for

This kit is educational and organizational. It is not a diet plan, diagnosis, or treatment plan.

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.

Weight + Body Changes

Your personalized result

BASED ON YOUR QUIZ ANSWERS
PRIMARY SYMPTOM PATTERN

Weight + Body Changes

Your quiz answers suggest that weight, appetite, cravings, energy, or body changes are currently one of the clearest patterns in what you are experiencing.

What this kit helps you do

Track body changes in a non-shaming way and notice possible connections with sleep, stress, appetite, energy, cycle timing, movement, and daily routines.

Weight + Body Changes

Your top symptom priorities

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

1

Weight + Body Changes

Track appetite, cravings, body changes, clothing fit, bloating, or shifts that feel hard to understand.

2

Sleep + Energy

Notice whether sleep disruption, fatigue, or low energy affects appetite, movement, and routines.

3

Stress + Cycle Patterns

Track whether stress, mood, cycle timing, or midlife routines seem connected.

Your 4-week clarity plan

Week 1

Get a baseline. Write down appetite, energy, sleep, movement, and what feels different in your body.

Week 2

Look for patterns around sleep, stress, cravings, meals, cycle timing, and energy.

Week 3

Notice impact on confidence, routines, exercise, mood, or daily choices.

Week 4

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

Keep it non-shaming

The goal is not to grade yourself. The goal is to understand what is changing and what support may be worth discussing.

Weight + Body Changes

Weight + body snapshot

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

Body changes I notice

- ☐ Weight change
- ☐ Body composition feels different
- ☐ Bloating
- ☐ Clothing fits differently
- ☐ Less muscle tone or stamina
- ☐ Other: _____

Appetite + routine changes

- ☐ More cravings
- ☐ Appetite feels different
- ☐ Energy for movement changed
- ☐ Stress eating
- ☐ Less consistent routine
- ☐ Other: _____

The change bothering me most right now

How this is affecting my daily life or confidence

What I most want clarity on this month

Whole-body symptom snapshot

Cycle and body changes can overlap with other symptoms. Use this page to capture what else is happening.

Temperature + sleep

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

Mood + focus

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

Other symptoms I want to track with body changes

What I most want clarity on this month

Weight + Body Changes

Body changes baseline

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

How disruptive are body changes right now?

012345678910

How disruptive are appetite or craving changes?

012345678910

What feels different from my usual body or routine

What has changed with sleep, energy, appetite, stress, or movement

What I want my clinician to understand

Understanding weight + body changes

During midlife, some people notice weight changes, body composition shifts, appetite changes, bloating, cravings, or changes in energy and movement capacity. These patterns can overlap with sleep disruption, stress, mood, medications, cycle changes, and other health factors.

The goal is not to blame yourself or create a strict plan. The goal is to notice what has changed, what may be connected, and what you want to discuss with a clinician.

What to notice

- Whether appetite, cravings, or hunger cues feel different.
- Whether sleep disruption or fatigue is affecting food choices or movement.
- Whether stress, mood, or cycle timing seems connected.
- Whether body changes are affecting confidence, routines, or quality of life.
- Whether weight/body changes are new, rapid, concerning, or hard to explain.

What to track first

For this symptom pattern, focus on the details that help explain energy, appetite, routine, and impact.

Appetite

Hunger, fullness, cravings, timing, and what feels different from your usual.

Energy

Morning energy, afternoon crashes, movement capacity, and fatigue.

Sleep

Sleep quality, night waking, night sweats, or waking unrefreshed.

Stress + mood

Stress eating, low motivation, irritability, anxiety, or emotional patterns.

Body changes

Clothing fit, bloating, body composition, strength, stamina, or confidence.

Daily impact

Routines, exercise, confidence, relationships, work, or quality of life.

Appetite + craving map

Use this page to notice whether appetite and cravings follow a pattern.

Appetite pattern

- ☐ Hungrier than usual
- ☐ Less hungry than usual
- ☐ Cravings feel stronger
- ☐ Fullness feels different
- ☐ Not sure

Timing

- ☐ Morning
- ☐ Afternoon
- ☐ Evening
- ☐ After poor sleep
- ☐ Around my cycle

Possible context

- ☐ Stress
- ☐ Fatigue
- ☐ Poor sleep
- ☐ Skipped meal
- ☐ Low protein/fiber

Impact

- ☐ Energy
- ☐ Mood
- ☐ Confidence
- ☐ Movement
- ☐ Daily routine

The pattern I notice most often

Energy + movement map

Use this page to describe how energy and movement feel right now without judging yourself.

Energy pattern

- ☐ Low morning energy
- ☐ Afternoon crash
- ☐ Low stamina
- ☐ Harder recovery
- ☐ Fatigue limits movement
- ☐ Other: _____

Movement pattern

- ☐ Less consistent
- ☐ Strength feels different
- ☐ Motivation changed
- ☐ Joint/body discomfort
- ☐ Routine disrupted
- ☐ Other: _____

What seems to affect energy most

What movement or routine feels realistic right now

Daily life impact map

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

Confidence Clothing fit, body trust, feeling unlike yourself, or avoiding certain activities.
Routines Meals, movement, sleep schedule, workdays, caregiving, or energy for planning.
Mood + stress Frustration, shame, anxiety, stress eating, or low motivation.
Health questions What feels confusing, concerning, or worth asking about.

The impact I most want my clinician to understand

Helpful reminder
Tracking body changes is not about blaming yourself. It is about getting clearer information.

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.

Body change conversation

Could perimenopause, sleep disruption, stress, medications, thyroid concerns, insulin resistance, or other factors be contributing to my body changes?

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

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

Metabolic Health Questions to Discuss

This page is not about blaming your body. It helps you ask whether any health factors are worth discussing based on 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?"

Body changes without self-blame

Describe what feels different: appetite, cravings, clothing fit, body composition, bloating, stamina, or changes that feel hard to explain.

Sleep + energy connection

Ask whether poor sleep, fatigue, stress, night sweats, or possible sleep apnea could be affecting appetite, energy, movement, or weight changes.

Metabolic health questions

Ask whether thyroid testing, A1c or fasting glucose, or a lipid panel would be useful based on your history, symptoms, and risk factors.

Medication + supplement review

Review current medications, supplements, hormones, sleep aids, caffeine, alcohol, and any recent changes that may affect appetite, energy, or body changes.

What would change my next step?

Ask your clinician which findings would change the plan and which tests are unlikely to be useful for your situation. The goal is a focused conversation, not a long checklist.

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 weight, appetite, and body changes 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	APPETITE/BODY	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 1	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 2	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 3	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 4	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 5	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 6	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 7	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	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	APPETITE/BODY	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 8	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 9	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 10	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 11	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 12	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 13	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 14	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES

Quick notes for this week

Week 3 tracker: days 15–21

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

DAY	APPETITE/BODY	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 15	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 16	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 17	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 18	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 19	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 20	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 21	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	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	APPETITE/BODY	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 22	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 23	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 24	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 25	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 26	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 27	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 28	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	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	APPETITE/BODY	SLEEP + ENERGY	CONTEXT	IMPACT / NOTES
Day 29	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 30	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES
Day 31	APPETITE/CRAVINGS	SLEEP 0–10	STRESS/CYCLE/CONTEXT	IMPACT
	BODY NOTE	ENERGY 0–10	MOVEMENT/ROUTINE	NOTES

Month-end notes

Patterns I noticed most often

What I want to bring up with my clinician

Weight + Body Changes

Week 1 Reflection

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

The most noticeable body, appetite, or energy 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

Weight + Body Changes

Week 2 Reflection

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

The most noticeable body, appetite, or energy 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

Weight + Body Changes

Week 3 Reflection

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

The most noticeable body, appetite, or energy 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

Weight + Body Changes

Week 4 Reflection

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

The most noticeable body, appetite, or energy 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

Weight + Body Changes

Before your appointment

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

The biggest body or appetite 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 weight, appetite, and body changes

- ☐ Could these body changes be related to perimenopause?
- ☐ What other possible causes should we consider?
- ☐ Could sleep, stress, appetite, movement, cycle timing, or routine changes be connected?
- ☐ Are there medication, supplement, caffeine, alcohol, hormone-use, or sleep-aid effects worth reviewing?
- ☐ Would thyroid, blood sugar, cholesterol, or sleep-related screening change what we do next?
- ☐ Which tests are unlikely to be useful for my situation?
- ☐ What treatment or support options are worth discussing?
- ☐ What should I track before a follow-up?

My own questions

Weight + Body Changes

My Vivlyn Summary for a Clinician

Name

Date

Primary result

Weight + Body 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 body or appetite 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.

SOURCES

Weight + Body Changes

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 body composition, sleep, and midlife symptom overlap.

ACOG

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

Mayo Clinic

General patient education on menopause symptoms, thyroid and metabolic health topics, 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