

FREE READER BONUSES

The Printables

*30-Day Comeback Plan · Symptom Tracker · Hard Week Plan · Husband Cheat Sheet ·
Practitioner Appointment Prep Sheet*

From *Perimenopause Survival Guide for Women: Calm, Sleep, Mood, Marriage & Getting Yourself Back*
by Suzanne Hartwell

How to Use These Printables

You just did something powerful by reading this book. Now let's make it actionable.

Print them and keep them somewhere visible:

- bedside table
- fridge
- planner
- inside this book

Do not aim for perfection. This is support.

Even 60% consistency will change your life.

BONUS #1 The 30-Day Comeback Plan

BONUS #2 Symptom Tracker *(print one per day)*

BONUS #3 The Hard Week Plan

BONUS #4 Husband Cheat Sheet

BONUS #5 Practitioner Appointment Prep Sheet

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The 30-Day Comeback Plan

Check off each day. A missed box is not a failure; just pick it back up tomorrow.

Daily Non-Negotiables

I protected sleep (or rested even if sleep wasn't perfect)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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I ate protein at breakfast

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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I stabilized blood sugar (no long crash gaps)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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I drank water / hydrated

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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I used my calm support (tea, magnesium, or my stack)

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I reduced stimulation at night (screens / stress / demands)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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Daily Kindness

I spoke to myself like someone I love

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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I remembered: "This is a wave, not my identity."

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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Optional (But Powerful)

I walked or moved my body gently

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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I asked for support instead of silently suffering

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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Start date: _____

Symptom Tracker

Daily 60-Second Check-In

Date: _____

Cycle Day (optional): _____

Rate today (circle one)

Sleep Quality (1–10)

1 2 3 4 5 6 7 8 9 10

Mood Stability (1–10)

1 2 3 4 5 6 7 8 9 10

Anxiety / Irritability (1–10)

1 2 3 4 5 6 7 8 9 10

Symptoms Present Today (check any)

☐ Hot flashes / night sweats

☐ 3 a.m. waking / insomnia

☐ Rage / irritability

☐ Anxiety / dread

☐ Crying / sadness

☐ Brain fog

☐ Joint aches / inflammation

☐ Cravings

☐ Low libido

☐ Vaginal dryness/discomfort

What helped today? (1 sentence)

Biggest trigger today? (1 sentence)

One win today (even small!)

“Small wins are not small. They are proof you’re coming back.”

The Hard Week Plan

Your Perimenopause Flare-Week Survival Worksheet

Perimenopause often comes in waves. Many women have a “hard week” where symptoms spike. This plan turns hard week from “*I’m falling apart*” into “*I recognize this wave. I know what to do.*”

Step 1 — Identify Your Hard Week

My hard week is usually:

- ☐ the week before my period
- ☐ around ovulation
- ☐ random/unpredictable
- ☐ multiple weeks per month

Signs it’s beginning (my early signals):

- ☐ sleep disruption
- ☐ irritability
- ☐ anxious dread
- ☐ cravings
- ☐ hot flashes
- ☐ “I can’t cope” feeling
- ☐ other: _____

Step 4 — My Hard Week Support Stack

Base supports:

- ☐ magnesium glycinate
- ☐ glycine (if sleep is disrupted)
- ☐ calming tea
- ☐ omega-3
- ☐ stable meals (protein breakfast)

Optional supports I already tolerate:

- ☐ ashwagandha
- ☐ vitex
- ☐ hot flash support protocol
- ☐ other: _____

Step 2 — My Hard Week Rules (No Guilt)

During hard week, I give myself permission to:

- ☐ simplify everything possible
- ☐ rest without apologizing
- ☐ decline non-essential plans
- ☐ postpone big decisions
- ☐ reduce stimulation
- ☐ protect bedtime routine like medicine

Step 3 — Do Not Schedule List

During hard week, I avoid:

- ☐ big relationship talks
- ☐ high-stakes meetings (if possible)
- ☐ major social obligations
- ☐ heavy emotional labor
- ☐ late nights / alcohol

Step 5 — My “Calm Days Will Return” Reminder

Write it in your words:

Examples:

- “This is temporary.”
- “It’s a wave.”
- “I’m not broken.”
- “I’m allowed to slow down.”

“My hard week isn’t my personality. It’s my biology.”

Husband Cheat Sheet

What to Do / What Not to Do (When Your Wife Is in Perimenopause)

This page is for the husband. Because many men want to help, but they don't know how.

Perimenopause can look like:

mood shifts

irritability

anxiety

crying

exhaustion

low libido

sleep collapse

And men often assume: *"She's mad at me."* But often:

Her nervous system is overloaded—not her love.

THE MOST IMPORTANT THING TO UNDERSTAND

She is not giving you a hard time. **She is having a hard time.**

The 10 Best Things You Can Do

1. Believe her: "I believe you."
2. Stop taking it personally.
3. Protect her sleep.
4. Reduce pressure (especially sexual pressure).
5. Offer practical help (tasks matter).
6. Use warm humor gently (not mocking).
7. Ask: "Do you want comfort, solutions, or space?"
8. Keep the environment calmer (and cooler).
9. Be affectionate without expectation.
10. Remind her: "I'm still in love with you."

What Not to Do

- × "You're overreacting."
- × "You're being crazy."
- × "It's just stress."
- × "Can you just be normal?"
- × "You never want sex anymore."
- × sulking / passive-aggressive silence
- × escalating arguments during flare week

These increase shame. Shame increases symptoms.

One Perfect Sentence

"I'm on your team. I love you. We'll get through this together."

The Hard Week Rule

When she says: *"I'm in my hard week."*
Your job is not debate. Your job is support.

During hard week:

no major talks

no pressure

more help

more kindness

more patience

"The right husband doesn't fix her. He supports her while she heals."

Practitioner Appointment Prep Sheet

A worksheet to help you organize your questions · Page 1 of 2

Many women get dismissed with: “You’re too young.” “It’s just stress.” “Your labs are normal.” “Try to sleep more.” So let’s do this wisely. Fill this out and bring it with you. **You deserve support.**

Part 1 — My Top Symptoms

SLEEP

- ☐ trouble falling asleep
- ☐ waking at 2–4 a.m.
- ☐ night sweats/hot flashes
- ☐ non-restorative sleep
- ☐ fatigue/exhaustion

MOOD / NERVOUS SYSTEM

- ☐ anxiety/panic
- ☐ dread/doom feelings
- ☐ rage/irritability
- ☐ crying spells
- ☐ depression/heaviness
- ☐ overwhelm/sensory sensitivity

CYCLE / BLEEDING

- ☐ cycle irregularity
- ☐ heavier bleeding/clots
- ☐ shorter cycles
- ☐ spotting
- ☐ severe PMS / PMDD-like symptoms

BODY / METABOLISM

- ☐ weight gain (especially belly)
- ☐ cravings
- ☐ joint pain/inflammation
- ☐ headaches/migraines
- ☐ low energy

INTIMACY / UROGENITAL

- ☐ low libido
- ☐ vaginal dryness
- ☐ painful sex
- ☐ recurrent UTIs
- ☐ urinary urgency/leakage

Part 2 — My “Big 3” Priorities

1. _____
2. _____
3. _____

Part 3 — Severity (0–10)

Sleep disruption	0	1	2	3	4	5	6	7	8	9	10
Anxiety/panic	0	1	2	3	4	5	6	7	8	9	10
Rage/irritability	0	1	2	3	4	5	6	7	8	9	10
Hot flashes/night sweats	0	1	2	3	4	5	6	7	8	9	10
Depression/heaviness	0	1	2	3	4	5	6	7	8	9	10
Brain fog	0	1	2	3	4	5	6	7	8	9	10
Libido/intimacy distress	0	1	2	3	4	5	6	7	8	9	10

Continued on page 2 →

Practitioner Appointment Prep Sheet

Page 2 of 2

Part 4 — Timeline

Symptoms began around: _____

Patterns noticed:

- | | |
|---|---|
| ☐ symptoms come in waves | ☐ unpredictable |
| ☐ worse week before period | ☐ sleep changes came first |
| ☐ worse around ovulation | |

Part 5 — What I Have Tried

LIFESTYLE

- ☐ bedtime routine
- ☐ reduced caffeine/alcohol
- ☐ blood sugar stabilization
- ☐ exercise
- ☐ stress reduction

SUPPLEMENTS

- ☐ magnesium
- ☐ glycine
- ☐ omega-3
- ☐ herbs
(ashwagandha/vitex/etc.)
- ☐ other: _____

MEDICATIONS

Part 6 — What I Want From This Visit

“My quality of life has significantly changed. I believe perimenopause is involved, and I want evidence-based options. I want a symptom-based plan.”

I would like to discuss:

- | | |
|---|--|
| ☐ HRT options | ☐ non-hormonal hot flash options |
| ☐ progesterone options | ☐ sleep support plan |
| ☐ vaginal estrogen (if dryness/UTIs present) | ☐ referral to a practitioner experienced in perimenopause |

Notes from the visit:

Part 7 — Follow-Up Plan

Follow-up timing:

- ☐ 4 weeks ☐ 6 weeks ☐ 8 weeks

What we will reassess:

“You’re not asking for special treatment. You’re asking for normal care.”