**My Perimenopause and Menopause Challenges**

**Directions: Please number each of the following statements on a scale from 1 through 5. Using the column on the left.**

 **1= Not a Problem 2= Rarely a Problem 3= Frequent Problem 4= Serious Problem 5= Critical, Must Fix!**

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| --- | --- |
| **1-5** | **MOST COMMON CHALLENGES** |
|  | I battle to keep my weight under control. |
|  | I want to get back to the person I used to be 5 years ago. |
|  | I struggle getting to sleep and staying asleep. It has been ages since I woke up feeling refreshed. |
|  | I am constantly tired and have no energy. |
|  | I can’t seem to get into a routine with yoga or any other exercise. |
|  | I find myself getting grumpy with those I love for no good reason. |
|  | I seem to be getting brain fog more and more often. |
|  | My joins ache much more than they used to. |
|  | I can’t stop my mind from wandering.  |
|  | I worry that I am forgetting the person that I used to be. |
|  | My family and friends have noticed the changes in me, and they are not all good. |
|  | I lose weeks in the month due to horrid PMS. |
|  | My mind seems to wander, and I find it increasingly difficult to stay focused. |
|  | I seem to spend more and more time worrying about tiny, unimportant things. |
|  | I have lost my zest for life. |
|  | I find it difficult to calm my mind; it’s always racing. |
|  | I get a lot of negative thoughts and don’t know how to handle them. |
|  | I worry about what the next 2 years will look like if I don’t take action. |
|  | I feel like my family and close friends don’t recognize me anymore. |
|  | Hot flashes (or cold sweats) are driving me crazy. |
|  | I’m sick of my unpredictable mood swings. |
|  | I feel like I’m always bottom of the ‘important’ or ’priority’ pile. |
|  | Coffee and sugar have become my best friend. |
|  | I am constantly craving junk food. |
|  | I struggle with irregular periods and painful menstrual cramps. |
|  | Intimacy, what’s that? |
|  | Every time I cough or sneeze, I am reminded that my pelvic floor is definitely not what it used to be. |
|  | I would much rather find a ‘natural’ solution than leave it to the pharmacy. |
|  | Stress is stressing the hell out of me. |
|  | I’m sick and tired of feeling sick and tired. |

**OTHER COMMENTS/ISSUES:**

**MY CURRENT LEVELOF YOGA EXPERIENCE FROM 1-10 : 1 = NEVER STEPPED ON A MAT – 10 = EXPERT**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**