

PERIMENOPAUSE SUPPORT CHECKLIST

Everything You Need to Rebalance Your Routine in 5 Simple Steps. A grounded guide to feeling better in your body — without fluff, fear, or hormone overload.

CREATED BY HORMONE GLOW | [HORMONEGLOW.COM](https://hormoneglow.com)



Welcome

THIS IS YOUR PERIMENOPAUSE RESET



If you're in your 30s or 40s and feeling off – tired, foggy, moody, wired but exhausted – it's not just in your head. You could be in perimenopause, the years leading up to menopause when hormones begin to shift.

The good news?

You don't have to wait until things get worse.

You don't have to figure it out alone.

And you don't have to rely on extreme fixes to feel better.

This checklist gives you 5 simple, research-backed steps to support your hormones naturally – starting now.

Use this as a guide,
not a rulebook.
Every woman's
experience is
different. Start where
you are, try what feels
doable, and track
what works.

You don't need
perfection. You just
need a path forward.

Step 1

BALANCE BLOOD SUGAR

Hormones hate chaos and nothing causes more chaos than a blood sugar rollercoaster. Blood sugar swings can worsen mood, energy dips, cravings, sleep disruption, and even hot flashes. Steadying your blood sugar is one of the fastest ways to feel more stable throughout the day.

Blood sugar checklist:

- ☐ Prioritize protein at every meal (aim for 20-30g minimum)
- ☐ Eat fat + fiber to slow sugar spikes
- ☐ Reduce ultra-processed snacks and "naked carbs"
- ☐ Start the day with a savory, balanced breakfast
- ☐ Walk after eating for 10-15 minutes to improve insulin response.

Step 2

SUPPORT YOUR SLEEP-WAKE RHYTHM

Sleep routine checklist:

- ☐ Keep a consistent sleep/wake time
- ☐ Get natural light in your eyes in the morning
- ☐ Avoid screens or bright lights 1 hour before bed
- ☐ Try magnesium glycinate or herbal tea
- ☐ Cut caffeine after 1-2 PM



Better sleep = better hormone regulation.

Step 3

BUILD STRESS RESILIENCE DAILY

Perimenopause makes you more sensitive to stress. Start protecting your calm.

Stress management checklist:

- ☐ Schedule 5-10 minutes daily to unwind
- ☐ Set boundaries: say "no" more often
- ☐ Try gentle adaptogens like ashwagandha
- ☐ Avoid punishment workouts - move mindfully
- ☐ Create rituals that help you exhale



Step 4

NOURISH YOUR HORMONES WITH NUTRIENTS

Your body needs fuel to keep things running smoothly.

Nutrients checklist:

- ☐ Eat colorful veggies + leafy greens
- ☐ Include omega-3s (flaxseed, walnuts, oily fish)
- ☐ Add a quality women's multivitamin
- ☐ Get your vitamin D and magnesium
- ☐ Include zinc + B vitamins (especially B6)

Step 5

TRACK SYMPTOMS & ADJUST INTENTIONALLY

There's no one-size-fits-all approach to hormonal balance
- but tracking your symptoms helps you figure out what's helping, what's not, and when to tweak your routine.

Monitoring checklist:

- ☐ Use a symptom tracker (paper, app, or journal) to note energy, mood, sleep, cycle changes, digestion, and stress levels.
- ☐ Track your cycle, even if it's irregular - log bleeding, spotting, PMS, ovulation signs (if any), and length.
- ☐ Review patterns weekly - notice if certain foods, habits, or stressors trigger symptoms.
- ☐ Set a 10-minute "weekly reset" to reflect: What helped this week? What needs adjusting?
- ☐ Adjust slowly - introduce only 1 new change every 1-2 weeks so you can clearly see its impact.

Step 6

PLANNING AHEAD

You don't need to fix everything overnight. Small, steady changes lead to real, lasting results. Use this page to set realistic actions to focus on over the next 30, 60, and 90 days or simply use this space to write your thoughts.



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Final THOUGHTS

Perimenopause can feel like someone changed the rules on you overnight - but you're not powerless, and you're definitely not alone. By focusing on just a few supportive changes at a time - from balancing your blood sugar to tracking your symptoms - you're building a routine that works with your body instead of against it.



Progress isn't always obvious day to day. But over time, these small shifts can add up to more energy, steadier moods, better sleep, and a stronger sense of control. Come back to this guide whenever you feel off track or overwhelmed. You deserve to feel clear, capable, and calm in your own body - and that starts by showing up for yourself in small, consistent ways.

WE HOPE YOU
FOUND THIS
HELPFUL



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