

Menopause Wellness — Workbook

This workbook is your active companion to the Menopause Wellness course. Each section corresponds to a course module and gives you structured exercises, worksheets, and checklists to move from understanding to action. Complete it at your own pace — the value is in honest reflection and consistent practice, not in finishing quickly. Remember: this workbook is for general educational self-development; it is not a substitute for personalised medical advice from your clinician.

The Biology of Menopause — Understanding Your Transition

Ground your experience in the physiology and identify your personal symptom pattern so you can have a more effective conversation with your healthcare provider.

Exercise: Your Menopause Timeline Map

Use the questions below to map your personal menopause timeline. This is your starting point — not a diagnosis. Bring this to your next clinical appointment.

- When did you first notice changes in your cycle, sleep, or mood that might be perimenopause-related? Describe what you noticed and approximately when.

- List the symptoms you are currently experiencing. For each one, rate its frequency (daily / weekly / occasional) and its impact on your life (1 = minor nuisance, 10 = significantly disrupts functioning).

- Have you had any medical menopause (surgery, chemotherapy, radiation) or do you have a family history of early menopause? Note these and discuss with your GP.

- What aspects of this transition feel most within your control right now? What feels most out of your control?

Worksheet: 4-Week Symptom Tracker

Complete this tracker daily for four weeks. Use the completed log as your primary resource for a clinical consultation. Consistent daily entries — even brief ones — reveal patterns that a single appointment cannot.

Date

Hot flush count (number of episodes today)

Night sweat severity (0 = none, 1 = mild, 2 = woke once, 3 = woke multiple times)

Sleep quality (1–10, 10 = best)

Mood rating (1–10, 10 = best)

Energy level (1–10, 10 = highest)

Notable triggers today (alcohol, stress, caffeine, spicy food, heat, other)

Exercise completed (type + minutes)

Notes (anything else relevant)

Checklist: Clinical Consultation Preparation Checklist

- Compile your 4-week symptom log before the appointment
- Write down the 3–5 symptoms that most affect your quality of life, ranked by impact
- List all current medications and supplements (name, dose, frequency)
- Note your personal and family medical history relevant to HRT (breast cancer, blood clots, cardiovascular disease, osteoporosis)
- Write down your questions in advance (use the course's suggested question list as a starting point)
- Ask specifically about both systemic HRT and local vaginal oestrogen as separate options
- Request baseline blood tests if not recently done: lipids, blood glucose, TSH, vitamin D, CBC
- Ask about a DEXA bone density scan referral if you have not had one

Managing Symptoms — Applying Evidence-Based Strategies

Design your personal symptom-management plan by identifying which strategies are most relevant to your specific symptom profile and committing to a 4-week trial.

Exercise: Hot Flush Trigger Identification Exercise

After completing at least 2 weeks of the symptom tracker, use your log to complete this analysis. Identifying reliable personal triggers is more useful than blanket avoidance of common triggers.

- Review your symptom log. What time of day do most of your flushes occur? Does this correlate with any consistent activity, food, or environment?
- List the three potential triggers you consumed or encountered in the 30–60 minutes before your most severe flushes. Look for patterns across at least five events.
- Pick one trigger to eliminate for 2 weeks and track the result. What did you choose, and what is your specific plan for avoiding it?
- Describe your current bedroom sleep environment (temperature, bedding, fan). What one change will you make this week based on the course content?

Worksheet: Symptom Management Strategy Planner

For each symptom category below, record the strategy you plan to try, your start date, how you will measure success, and your 4-week review date. Focus on one strategy per symptom category at a time. Symptom category (hot flushes / night sweats / sleep / mood / GSM / cognitive / other)

Strategy selected (from course evidence grades)

Specific implementation plan (what, when, how often)

Start date

How I will measure success (symptom tracker score / specific metric)

4-week review date

Result at review (what changed, what did not)

Checklist: Weekly Symptom Self-Care Checklist

- Completed daily symptom log entries this week
- Applied at least one identified trigger-reduction strategy
- Practiced paced breathing or relaxation technique at least 3 times
- Kept bedroom temperature below 18°C at night
- Avoided alcohol within 3 hours of bedtime on at least 5 nights
- Used vaginal moisturiser (if applicable) on scheduled days
- Noted any medication or supplement interactions to raise with pharmacist or GP
- Reviewed symptom trends and adjusted strategy if needed

Nutrition and Movement for Menopause

Build a personalised nutrition and exercise baseline that directly addresses menopause-specific needs — bone, cardiovascular health, muscle mass, and energy.

Exercise: Nutrition Audit and Gap Identification

Complete a 3-day food diary (2 weekdays + 1 weekend day), then use the prompts below to identify the highest-priority nutritional gaps for your menopause health. Do not aim for perfection — aim for the biggest wins.

- Review your 3-day diary: estimate your average daily calcium intake. Target is 1,000–1,200 mg. List your main calcium sources and identify any significant gaps.
- Estimate your average daily protein intake in grams. Divide by your body weight in kg. Is the result above 1.2 g/kg? If not, which meals could have a larger protein portion?
- How many servings of oily fish do you eat per week? (Target: 2+.) If under target, what are two realistic substitutions or additions you could make?
- Count the number of different vegetables and legumes you ate across the 3 days. Mediterranean eating targets 7–10 different plant foods per day. What is your current count, and what two new plant foods could you add without a major behaviour change?

Worksheet: Weekly Exercise Plan Builder

Design your personalised weekly exercise plan using the course framework. Be specific — vague plans are rarely executed. Fill in the type, duration, and any equipment or venue notes for each slot.

Day of week

Exercise type (resistance / cardio / flexibility / balance / rest)

Specific activity (e.g., full-body dumbbell circuit, 30-minute brisk walk, yoga class)

Duration (minutes)

Location or equipment needed

Resistance exercises planned (if resistance day — list 4–6 movements)

Current fitness level for this activity (beginner / intermediate / advanced)

Notes or modifications for current fitness level

Checklist: Menopause-Specific Nutrition and Movement Weekly Checklist

- Consumed 1,000–1,200 mg calcium across meals at least 5 days
- Took Vitamin D supplement (or confirmed adequate dietary intake) daily
- Hit protein target of 1.2+ g/kg on at least 5 days
- Ate oily fish or took algal/fish oil supplement at least twice
- Completed 2–3 resistance training sessions targeting all major muscle groups
- Accumulated 150+ minutes of moderate cardiovascular activity
- Included at least one balance or coordination exercise
- Limited alcohol to below 14 units for the week (tracked units)
- Reduced ultra-processed food intake by substituting at least one whole-food alternative
- Reviewed whether to discuss calcium or Vitamin D supplementation with clinician if not already doing so

Exercise: Supplement Evidence Review

Before adding any supplement to your routine, use these prompts to evaluate it against the evidence framework taught in the course.

- Name the supplement you are considering. Search PubMed or Examine.com for its menopause-specific evidence. How many RCTs exist, and what do they show?

- What is the specific claim the product makes? Is the active ingredient, dose, and form in the product consistent with what was tested in research?

- Does this supplement interact with any medications you take? (Check with your pharmacist.)

- What is your specific measurable outcome for trialling this supplement, and how long will you give it before evaluating? Write your decision criteria now, before starting.

Mental Wellness, Identity, and Your Second Chapter

Explore the psychological and relational dimensions of your transition, articulate your values for the chapter ahead, and build a sustainable long-term wellness practice.

Exercise: Identity Values Clarification — Who Are You Beyond Your Reproductive History?

This exercise draws on Acceptance and Commitment Therapy (ACT) values clarification. Set aside 30 minutes of uninterrupted time. Write freely — there are no correct answers.

- List five roles you have held in your life (mother, professional, partner, daughter, friend, athlete, creator, etc.). For each, write one sentence about what that role has contributed to your sense of self.

 - Which of these roles feel most central to who you are right now, independent of your reproductive status? Which feel like they are changing or have already changed?

 - Imagine yourself at 75, looking back at this transition. What would you want to say you did with this inflection point? What values do you want to be living out in the decades ahead?

 - Write one concrete, time-bound commitment you will make in the next 30 days that expresses one of those values. Be specific: what, when, with whom, how often.
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Worksheet: Relationship and Communication Planning Sheet

Use this worksheet to plan one important conversation about your menopause experience with a partner, family member, or close friend. The NVC framework from the course (observation, feeling, need, request) provides the structure.

Who is this conversation with?

What specific situation or pattern do I want to address?

Observation (what I actually observe, without interpretation): I have noticed that...

Feeling (how I feel, using emotion words not judgements): When this happens, I feel...

Need (the underlying need this touches): Because I need...

Request (specific, actionable, positive): Would you be willing to...

Best time and setting for this conversation

What support do I need before or after having it?

Checklist: Long-Term Wellness Architecture Checklist

- Booked or scheduled my next clinical review appointment
- Confirmed my DEXA bone scan status and requested referral if needed
- Reviewed my cardiovascular screening schedule (lipids, BP, blood glucose)
- Confirmed I am up to date with breast and cervical screening per my regional schedule
- Confirmed colorectal screening schedule per national guidelines
- Identified one stress management practice to anchor into my weekly routine
- Identified at least one social connection to invest in over the next month
- Chosen one habit from each module to establish first (4 anchor habits total)
- Set a calendar reminder to re-do my symptom rating scale in 8–12 weeks
- Written down the names of at least two clinicians or services to contact if I need more support (menopause specialist, pelvic floor physio, therapist)

Your Action Plan

1. Download or print the 4-Week Symptom Tracker and begin daily entries today — even one minute a day builds the data that will guide every other decision
2. Book a clinical appointment for menopause review within the next 2 weeks; do not wait until symptoms are intolerable
3. Choose and implement one hot-flush trigger-reduction strategy this week based on your tracker pattern
4. Start or resume resistance training with at least 2 sessions this week — even bodyweight squats, push-ups, and rows done at home count
5. Calculate your current daily calcium and protein intake using your 3-day food diary and identify the single biggest nutritional gap to close first
6. Take Vitamin D (800–2,000 IU) daily unless already doing so — discuss dose with your GP if you have had your level tested recently

7. Download or access a CBT-I or mindfulness app (Sleepio, Palouse MBSR, Headspace) and complete at least one introductory session this week
8. Schedule one intentional connection with a close friend or community this week — a walk, a call, or a class counts
9. Complete the Identity Values Clarification exercise and write your one 30-day commitment before closing this workbook
10. Revisit your symptom tracker scores and this action plan in 8 weeks — adjust based on what has and has not shifted

