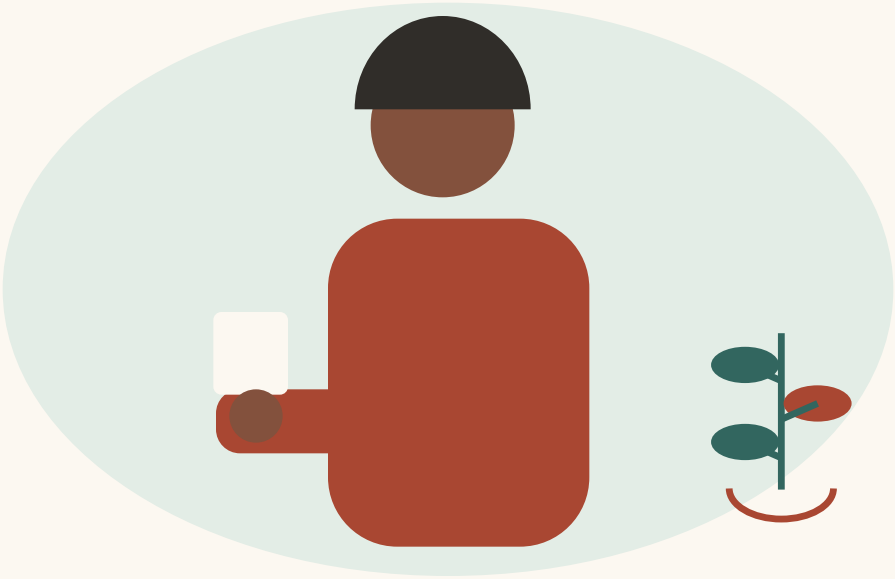
CYCLELIFE / CYCLESHIFT

My Menopause Journey

A CycleShift Guide and Journal



Learn about your body. Make room for your questions. Write your own story.

Printable + type-in PDF / Personal-use edition

YOUR STORY, YOUR PACE

Welcome to your journal

Your body changes. You deserve support that helps you feel heard. This book offers simple explanations and space for your own words.

Read any chapter first. Skip a prompt, leave a page blank, or return later. You do not need to complete every page.

Use it on screen or on paper

Type short notes in the outlined boxes using a PDF app that supports forms. Save a private copy and check that your notes remain when you reopen it. You can also print the pages and write by hand. Keep entries brief; text that scrolls in a field may not print.

Health education, not medical care

This book does not diagnose health problems or replace your healthcare team. Do not start, stop, or change medicines based on this book. It is written for a U.S. audience. In an emergency, call 911.

Your notes are your choice

This journal is not watched by a care team. Do not use it to ask for urgent help. Keep personal notes somewhere safe. You choose which pages to share. Printed pages and saved files do not have the same privacy features as an app account.

Personal-use edition

You may save and print this edition for your own use. Please do not resell it or share copies for others to use. This is a digital product; no physical book is included.

CycleLife / Edition 1.0 / November 2026. Developed from CycleLife source materials with AI-assisted writing and design.

FIND WHAT YOU NEED

Inside this book

Each chapter has two learning and planning pages, followed by two pages for your own notes.

01 Understanding This Stage of Life / 5

02 Perimenopause, Menopause, and What Comes After / 9

03 Period Changes and Tracking Symptoms / 13

04 Hot Flashes, Night Sweats, and Sleep / 17

05 Mood, Focus, and Emotional Health / 21

06 Vaginal, Bladder, and Sexual Health / 25

07 Food, Movement, and Long-Term Health / 29

08 Understanding Treatment Options / 33

09 Work, Relationships, and Daily Support / 37

10 Preparing for Your Care Visit / 41

11 Your Next Chapter / 45

My Journey, My Next Steps / 49

My Notes and My Care Visit / 50-51

Words Made Simple / 52

Sources and Helpful Reading / 53-54

Understanding This Stage of Life

Your body changes. You deserve support that helps you feel heard. This journal gives you a place to learn about menopause, notice changes, and prepare for care visits.



Notice



Learn



Ask

Your experience is your own

Some people have few symptoms. Others have changes that disrupt sleep, work, relationships, or daily life. There is no single story you must fit. You do not have to compare your needs with someone else's to ask for help.

Look beyond a label

Changes in sleep, mood, periods, or comfort may be linked to menopause. They can also have other causes. Notes can help you describe what is happening, but they cannot diagnose it. A clinician can review your history and decide what assessment may help.

Source guide: M1. See the source pages at the back.

Care and planning

Choose where to begin

Start with the topic that affects you most. You can skip any prompt or return later. Use this book for your questions, not as a test to pass. If a symptom is new, severe, or getting worse, seek advice rather than waiting to complete a tracker.

Questions for your care team

- Could these changes have another cause?
- What information would help assess my concerns?
- What support can I start discussing now?

My planning page

Optional notes. This is not a diagnosis or a medical care plan.

The change affecting my day most

When it began and what it interrupts

A question or support need to bring to care

Take with you: Your daily experience matters when planning care.