

Menopause Workshop Checklist

Where are you on the menopause journey?

- Perimenopausal
- First year post ending menstruation
- Post menopausal

How is your current experience?

- Good
- Manageable
- Bad

What symptoms (if any) are bad?

After watching the workshop, what could you do/use to help your symptoms?

What else could you do to help your general health/fitness long term?

Use our Habit Tracker to create new habits.