

E-BOOK

Midlife Wellness Audit

Spark Your Next Chapter: A Quick Reflection
to Prioritize Your Health & Life

1988™

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Your Midlife Wellness Vision

Your midlife reset isn't a crisis, it's an opportunity.

Every woman will go through menopause, but no two experiences are the same. Symptoms can begin years before your final period and may last well beyond it. **Over 85% of women experience at least one symptom during the menopausal transition**, and more than 50% say symptoms like sleep issues, brain fog, or hot flashes affect their quality of life.

This audit is designed to help you take an honest inventory of your life, assess where you are, and set intentions for where you want to go. Through guided reflections, self-assessments, and action steps, you'll gain clarity and confidence in prioritizing your well-being in your midlife.





SECTION 1

Body & Health Check-In

Women often begin to experience menopausal symptoms as they enter perimenopause in their early to mid 40s. These symptoms can continue for years after menopause has ended. Hot flashes, night sweats, mood shifts, and changes in libido are some of the most common, but there are over 30 potential symptoms associated with this transition.

Only 22.7% of women with moderate to severe menopausal symptoms had those symptoms documented in their electronic health records, highlighting a significant underdiagnosis and undertreatment.

REFLECTION

Where Are You Now?

1. How do you feel in your body on a daily basis?

(Energy, strength, confidence, mood, or anything else on your mind) Type in the section below.

2. What are your biggest current health concerns?

(Check all that apply)

Fatigue or low energy

Weight gain or body composition changes

Hot flashes or night sweats

Brain fog or forgetfulness

Sleep disturbances

Mood swings, irritability, or anxiety

Joint or muscle pain

Headaches or migraines

Vaginal dryness or discomfort

Low libido or sexual changes

Digestive issues or bloating

Irregular or heavy periods

Hair thinning or skin changes

Feeling "not like myself"

Other:

3. How often do you prioritize movement or exercise?

(Check all that apply)

Daily

A few times per week

Occasionally

Rarely

Not at all, but I want to start

4. What does your ideal version of health look like in this season of life?

(What would feeling well mean for you? Be honest. Be bold.)

ACTION

Set 1–2 realistic health goals for the next 30 days.

(Examples: drink more water, improve sleep, stretch daily, start strength training, eat more vegetables)

Goal 1 :

Goal 2 :

How will you work on achieving this goal?

(What small steps, habits, support, or shifts will help you move toward it?)



SECTION 2

Mindset & Mental Well-Being

Fluctuating estrogen levels during perimenopause can impact neurotransmitters like serotonin and dopamine, which play key roles in mood regulation, motivation, and emotional resilience. These hormonal shifts—combined with life stressors common in midlife—can make women more vulnerable to changes in mood, including irritability, anxiety, or depression.

Women in perimenopause are 2 to 4 times more likely to experience symptoms of depression or anxiety than those who are premenopausal.

REFLECTION

Your Current Mental Space

1. How would you describe your overall mindset right now?

(Write your thoughts. What's going well? What feels off?)

2. Which of these feelings do you relate to most often?

(Check all that apply)

Confident and empowered

Frustrated by slow progress

Stuck or uncertain

Disconnected from myself

Overwhelmed by responsibilities

Hopeful, but need a plan

Motivated but unsure where to start

Other:

3. What negative thoughts or beliefs tend to hold you back?

(Examples: "I'll never feel like myself again," "I don't have time," "I'm too late to start," etc.)

ACTION

Write down one mindset shift you want to make in this season:

(Example: "I want to move from perfectionism to progress.")

Create a daily affirmation to support this new mindset:

(Example: "I am allowed to grow at my own pace.")



SECTION 3

Nutrition & Energy Levels

Most women need at least 25 grams of fiber per day, yet the average intake in the U.S. is only about 15 grams. For protein, midlife women often benefit from 1.2 to 1.6 grams per kilogram of ideal body weight daily—roughly 75–120 grams per day—to support muscle maintenance and metabolic health.

As estrogen declines, women face a greater risk of muscle loss, weight gain, bone loss, and metabolic changes. Prioritizing fiber and protein helps protect strength, support a healthy metabolism, and maintain energy through this transition and beyond.

REFLECTION

Assessing Your Fuel

1. How would you describe your current eating habits?

(What's working? What feels unbalanced?)

2. Do you feel energized after meals, or do you feel sluggish, bloated, or tired?

(Describe your usual experience.)

3. Are you incorporating these in your diet?

(Check what you feel confident about, or want to improve!)

Enough plant or animal protein (1-1.5g of protein for ideal body weight in kg)

Daily fiber from fruits, veggies, and whole grains (25-30g)

Healthy fats like avocado, olive oil, nuts, or seeds

Regular meals and snacks that fuel your energy consistently

Hydration (at least 60–80 oz. of water per day)

4. Are there any foods or habits you've noticed impact your:

Mood

Energy

Hormones (bloating, cravings, PMS)

5. What's your overall nutrition goal or desire right now?

(This could be more energy, feeling more in control, fewer cravings, better digestion, etc.)

ACTION

Choose one small but impactful shift you'll focus on this month:

Example:

Goal: Add 1 serving of fruit daily, eat protein at breakfast, meal prep healthy snacks.

Why: To improve fiber and energy in the morning without restriction



SECTION 4

Movement & Strength

The drop in estrogen during the menopause transition can significantly impact body composition. Visceral fat—the type that accumulates around abdominal organs—increases, raising the risk for heart disease and other metabolic conditions. At the same time, lean muscle mass and bone density decline, affecting strength and stability.

On average, women begin to lose 1% of their muscle mass each year after age 40 and this loss, combined with a rapid drop in bone density, increases the risk of injury, weakness, and frailty in later years.

REFLECTION

Are You Moving With Purpose?

1. How often are you incorporating the following types of movement?

Check all that apply and note how often (daily, weekly, rarely, not at all):

Strength training (weights, resistance bands, bodyweight)

Cardio (walking, jogging, dancing, biking)

Mobility/flexibility (stretching, yoga, foam rolling)

Restorative movement (gentle walks, breathwork)

Other/s:

2. Do you feel strong and capable in your daily life?

(Think about lifting, carrying, standing, energy levels, etc.)

3. What is one type of movement you genuinely enjoy, but don't do enough?

(Example: dancing, swimming, yoga, long walks, lifting weights)

4. What gets in the way of consistent movement for you?

(Example: time, fatigue, motivation, pain, not knowing where to start)

ACTION

Choose a new or renewed movement habit to focus on this month:

(It can be small—like a 10-minute walk after dinner or stretching before bed!)

Example:

Goal: Walk 10 minutes each weekday after lunch.

Why: To support digestion, energy, and stress reduction.



SECTION 5

Self-Care & Prioritization

Self-care comes in many forms and will look different for every woman. What matters most is finding the practices that make you feel good, supported, and whole—the things that refill your cup and honor your needs. Whether it's movement, rest, connection, creativity, or quiet time, self-care is about showing up for yourself with the same compassion you give to others.

Nearly 50% of midlife women reported putting their own health last because they are busy caring for others, including children, partners, aging parents, or demanding work roles. Women aged 45–54 report the highest levels of stress compared to any other age group.

REFLECTION

Checking in on Your Needs

1. How often do you put yourself first?

(Or even in the top 3 of your daily priorities?)

Daily

A few times per week

Rarely

I'm not sure—but I want to start

2. What self-care practices do you genuinely enjoy or want to do more of?

(Check all that apply or add your own.)

Quiet time or alone time

Journaling or reflection

Gratitude or prayer practice

Meditation or breathwork

Walking outdoors or being in nature

Massage, bodywork, or skincare

Reading or creative hobbies

Movement that feels good

Saying "no" without guilt

Other:

3. What drains your energy that you'd like to set boundaries around?

(People, situations, mental clutter, over-committing, etc.)

4. How do you currently support your nervous system and reduce stress?

(If you don't yet, that's okay. Let's start where you are.)



ACTION

Write down one small but meaningful way you will prioritize yourself this week:

(It can be as simple as turning your phone off at night, saying "no" to one thing, or journaling each morning.)



SECTION 6

Your Midlife Wellness Vision

This last step is the most important. And that's simply believing that you are worth the effort. Healing, strengthening, and feeling well begins with one powerful choice: to show up for yourself.

Studies show that even small, consistent changes—like moving your body, improving your sleep, or managing stress—can have a profound impact on your long-term health, happiness, and resilience.

REFLECTION

A Moment To Reflect, Reconnect, and Move Forward With Intention

1. What are your biggest takeaways or insights from this self-audit?

(What did you learn about your needs, patterns, or goals?)

2. What are 1–3 goals or changes you feel ready to start working toward?

(Small, sustainable goals are powerful!)

Goal 1:

Goal 2:

Goal 3:

3. What do you feel confident handling on your own?

4. What areas do you think you may need support with?

(It's strong, not weak, to ask for help.)

5. Where do you think you may find support?

(People, providers, communities, resources, etc.)

Let's move forward together.

If you felt seen, supported, or sparked by this wellness audit and want expert guidance in any of the following areas:

- Menopause care and symptom relief
- Weight care with compassion and science
- Coaching for midlife mindset and sustainable health goals

Book a Consultation

Dr. Tes Jordens, D.O.

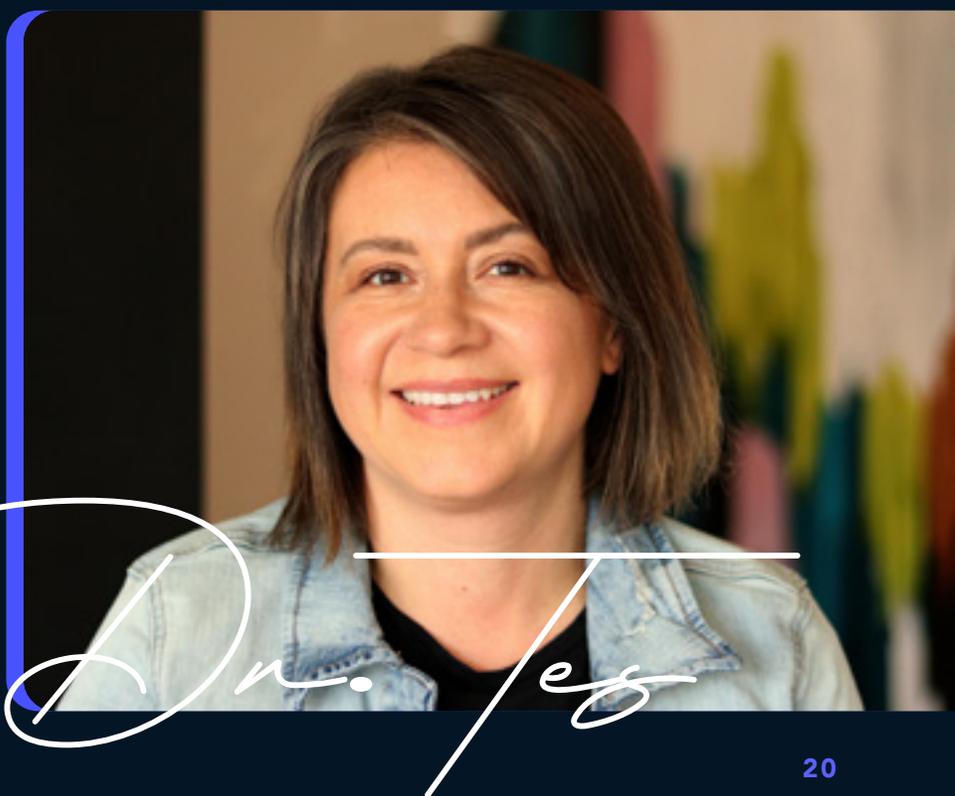
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