



Hormone & Cycle Self-Assessment

Menstrual Cycle Pattern

- Monthly & Predictable
- Irregular/Changes in Bleeding
- Cycles Have Ended

Mood & Brain

- Mood Swings 0 1 2 3
- Irritability 0 1 2 3
- Anxiety 0 1 2 3
- Brain Fog 0 1 2 3

Temperature & Physical

- Hot Flashes 0 1 2 3
- Night Sweats 0 1 2 3
- Headaches 0 1 2 3
- Low Libido 0 1 2 3

Metabolism & Weight

- Bloating 0 1 2 3
- Weight Gain 0 1 2 3
- Carb Cravings 0 1 2 3

Sleep & Energy

- Trouble Falling Asleep 0 1 2 3
- Trouble Staying Asleep 0 1 2 3
- Low Daytime Energy 0 1 2 3

Your Score: _____/42

0-10 Mild Shift

- Symptoms are present but manageable
- Focus on sleep, high protein nutrition, strength training and stress support
- Track changes and reassess if symptoms increase

11-22 Moderate Fluctuation

- Daily life is being affected
- Cycle changes or energy shifts are noticeable
- Early hormone testing and targeted support (like GLP-1s, peptides, or metabolism support) may help

23-32 Strong Imbalance

- Clear, consistent pattern of symptoms
- Full hormone and metabolism evaluation recommended
- Structured treatment such as HRT or weight support often improves symptoms

33-42 Significant Impact

- Symptoms are strongly affecting quality of life
- You need a physician-guided plan with lab evaluation
- Hormone optimization, nutrition and body composition guidance are advised

