HORMONE SYMPTOM TRACKER

PLEASE CHECK YOUR CURRENT SYMPTOMS

NAME:

DATE:

ESTROGENS

- [ ] HOT FLASHES
- [ ] NIGHT SWEATS
- [ ] DEPRESSION
- [ ] BRAIN FOG
- [ ] FATIGUE/LOW ENERGY
- [ ] WEIGHT GAIN
- [ ] VAGINAL DRYNESS
- [ ] URINARY TRACT INFECTIONS
- [ ] DECREASED SENSUALITY
- [ ] PAIN DURING INTERCOURSE
- [ ] URINARY LEAKAGE
- [ ] DROOPY BREASTS
- [ ] DRY, DEHYDRATED SKIN
- [ ] THINNING SKIN
- [ ] LOSS OF GLOW
- [ ] DRY EYES*
- [ ] VERTICAL LINES AROUND MOUTH
- [ ] HIGH CHOLESTEROL BACK AND
- [ ] JOINT PAIN LOW BONE DENSITY*
- [ ] BREAST TENDERNESS BREAST
- [ ] FULLNESS NIPPLE TENDERNESS
- [ ] FLUID RETENTION

SIGNS OF EXCESS

PROGESTERONE

- [ ] DIFFICULTY FALLING & STAYING ASLEEP
- [ ] IRRITABILITY
- [ ] ANXIOUS
- [ ] MOOD SWINGS
- [ ] UNABLE TO RELAX
- [ ] HOT FLASHES
- [ ] SWOLLEN, PAINFUL BREASTS
- [ ] BREAST LUMPS / FIBROCYSTIC BREASTS
- [ ] SWOLLEN FEET AND ANKLES
- [ ] PERIOD IRREGULARITIES
- [ ] SCANTY MENSTRUATION
- [ ] HEAVY BLEEDING PMS
- [ ] FIBROIDS/ENDOMETRIOSIS
- [ ] HISTORY OF INFERTILITY
- [ ] HISTORY OF MISCARRIAGE
- [ ] HEADACHES
- [ ] ACNE
- [ ] SWOLLEN FACE
- [ ] LOW BONE DENSITY*
- [ ] DROWSINESS*

SIGNS OF EXCESS

TESTOSTERONE / DHEA

- [ ] LOSS OF MUSCLE
- [ ] ABDOMINAL WEIGHT GAIN
- [ ] CELLULITE
- [ ] VARICOSE VEINS
- [ ] LOSS OF LIBIDO
- [ ] LACK OF ORGASM
- [ ] LOW CLITORAL SENSITIVITY
- [ ] DRY EYES
- [ ] LOSS OF CONFIDENCE
- [ ] LOW ENERGY/STAMINA
- [ ] DIGESTIVE ISSUES
- [ ] POOR TISSUE REPAIR
- [ ] IMMUNE DYSFUNCTION
- [ ] LOW BONE DENSITY*
- [ ] UNWANTED HAIR GROWTH
- [ ] VOICE CHANGES
- [ ] AGGRESSION
- [ ] OILINESS OF SKIN
- [ ] HAIR LOSS ON HEAD
- [ ] ACNE*

SIGNS OF EXCESS

*MULTIPLE REASONS FOR THIS SYMPTOM