Hormone Questionnaire

Check all boxes that relate to you in each section.

Pattern 1: High Estrogen

- [ ] Heavy Periods
- [ ] Painful Periods
- [ ] Short menstrual cycle < 21 days
- [ ] Bloating, fluid retention
- [ ] Mood swings
- [ ] Menstrual migraines
- [ ] Uterine fibroids
- [ ] Hisorty of estrogen containing birth contorl or medication (in the last 3 months)
- [ ] Varicose veins
- [ ] GallBladder problems
- [ ] A pear-shaped body
- [ ] Endometriosis

YOUR SCORE_____

Pattern 2: Low Estrogen

- [ ] Autoimmune disease
- [ ] Irregular or absent periods
- [ ] Anxiety, depression
- [ ] Hot flashes, night sweats
- [ ] Vaginal dryness
- [ ] Migraines
- [ ] Urinary frequency or frequent UTIs
- [ ] Brain fog, memory problems, poor focus
- [ ] Long menstrual cycles or scant periods
- [ ] Trouble falling asleep, waking in the middle of the night
- [ ] Loss of bone density
- [ ] Low libido
- [ ] Weight gain
- [ ] A pear-shaped body
- [ ] Endometriosis
- [ ] Joint aches or pains

YOUR SCORE_____

Pattern 3: Low Progesterone

- [ ] Low or no signs of ovulation
- [ ] Irregular menstrual cycles
- [ ] Heavy periods
- [ ] Insomnia, sleep problems
- [ ] Headaches or migraines
- [ ] Symptoms of excess estrogen (see book)
- [ ] Spotting in the second half of your cycle
- [ ] Low basal body temp in the luteal phase
- [ ] Anxiety, depression
- [ ] Recurrent miscarriage
- [ ] Spotting in the second half of your cycle
- [ ] Short luteal phase (ovulation to menstruation < 12 days
- [ ] Breast tenderness, fibrocystic breasts
- [ ] Low libido
- [ ] Fertility problems
- [ ] GallBladder problems
- [ ] Fibroids
- [ ] PMS
- [ ] Gallbladder problems
- [ ] Endometriosis

YOUR SCORE_____

Pattern 4: High Testosterone

- [ ] Irregular periods
- [ ] Skipped periods
- [ ] Fertility challenges
- [ ] Hair in unwanted places
- [ ] Acne
- [ ] Weight gain
- [ ] Aggression, irritability
- [ ] High LDL cholesterol
- [ ] Hair loss (head)
- [ ] Polycystic ovary syndrome (PCOS)

YOUR SCORE_____

Pattern 5: Low Testosterone

- [ ] Fatigue, sluggishness
- [ ] Low motivation
- [ ] Depression
- [ ] Muscle weakness or loss of muscle
- [ ] Hair loss
- [ ] Sleep disturbances
- [ ] Low sex drive
- [ ] Decreased sexual satisfaction, difficulty achieving orgasm
- [ ] Weight gain
- [ ] Irregular menstrual cycles

YOUR SCORE_____

Pattern 6: High Cortisol

- [ ] Chronic stress, overwhelm
- [ ] Low motivation or drive
- [ ] Often feeling burnout
- [ ] Trouble falling asleep, feeling “tired and wired”
- [ ] Tired during the day, hit a slump around 3–4 p.m.
- [ ] Waking up tired even after a good night’s sleep
- [ ] Insomnia, trouble falling asleep or staying asleep
- [ ] Needing coffee to start the day, or a cup in the afternoon
- [ ] Craving sweets, chocolate, or salty foods
- [ ] Bloating, puffiness, or fluid retention
- [ ] Low (or no) sex drive
- [ ] Blue or even depressed
- [ ] Increased skin wrinkling for your age
- [ ] Reduced memory or focus
- [ ] Overweight, especially around my middle (“muffin top”)
- [ ] Mood swings, PMS, irritability, weepiness, mini breakdowns, or anxiety
- [ ] Irregular menstrual cycles
- [ ] Miserable menopausal symptoms
- [ ] Trouble getting pregnant, history of miscarriage
- [ ] Endometriosis
- [ ] PCOS
- [ ] High cholesterol
- [ ] Bone loss (osteopenia or osteoporosis)
- [ ] Autoimmune disease

YOUR SCORE_____

Pattern 7: Low Thyroid Hormone

- [ ] Sluggishness, fatigue, zero energy
- [ ] Weight gain without changing eating or exercise habits
- [ ] Trouble losing weight, despite dieting and exercise
- [ ] My memory and concentration aren’t what they were
- [ ] Low mood, depression, anxiety
- [ ] Sluggish bowels, constipation
- [ ] Feeling cold all the time, have to wear a sweater even if nobody else is, low body temperature
- [ ] Dry, itchy, or rough
- [ ] Brittle or coarse hair or nails
- [ ] Hair loss, hair thinning
- [ ] High cholesterol
- [ ] Puffiness around eyes, face gets puffy
- [ ] Loss or thinning of outer third of eyebrows
- [ ] PMS, heavy periods, or skipped periods
- [ ] Trouble getting pregnant, history of miscarriage
- [ ] History of postpartum depression or trouble producing breast milk

YOUR SCORE_____

Pattern 8: High Thyroid Hormone

- [ ] High blood sugar
- [ ] Metabolic syndrome, insulin resistance, or diabetes
- [ ] Shakiness or agitation between meals
  Skin tags
- [ ] Brown, velvety skin discoloration in my armpits, groin, or neck
- [ ] Tired a lot
- [ ] Overweight, with weight especially around my waist and belly
- [ ] Frequent thirst, frequent urination
- [ ] Waist circumference >30 inches
- [ ] High blood pressure (>130/80)
- [ ] History of gestational diabetes or had a baby who weighed more than 9 pounds
- [ ] PCOS
- [ ] Hair in unwanted places
- [ ] Hair thinning or loss
- [ ] Acne, especially cystic acne

YOUR SCORE_____

Use this self-assessment to help you connect the dots and to track improvement as you go through the plan and beyond.

Scoring >4 points in any of the 8 patterns suggests that you have some measure of the associated imbalance.

Scoring >8 points in any section suggests a more significant imbalance.

It's common—in fact likely—to have more than one imbalance.

The Hormone Intelligence Plan is all about addressing these symptoms and imbalances!