

Reflect on these questions and familiarize yourself with the articles listed below before your consultation. We will be discussing all of your concerns so think of everything. It is essential that you have a solid understanding about your body, your hormones, and treatment options and risks. These articles are short, easy to read, and very informative. Knowledge is power and a key element of this program. In addition, please fill out the daily food tracker and email it back with this form and the other forms at least 2-3 days before your consultation so that I may review everything and have time to reflect on these things before your appointment.

1. Primary Objective(s): (example: lose weight, decrease hot flashes, etc.)

2. Specify the Symptoms or Challenges: (example: wake up in middle of night drenched, try to diet but can't lose weight, etc)

3. Identify Potential Barriers: (example: no time to get to gym, eat out a lot)

4. Required pre-consultation reading homework: (cut and paste in browser if links don't connect you):

The Menopause Transition:

<https://www.shecares.com/menopause>

Perimenopause:

<https://www.shecares.com/menopause/perimenopause>