Hormonal Balance
SELF ASSESSMENT

A&N HOLISTIC HEALTH

NAME: _____

1. ESTROGEN DOMINANCE

	Y	N
Do you have heavy or prolonged periods	☐	☐
Do you have bloating, especially before your period?	☐	☐
Do you have tender or swollen breats before your cycle?	☐	☐
Have you gained weight in your hips, thighs, or lower belly?	☐	☐
Do you struggle with mood swings, irritability, or anxiety?	☐	☐
Do you have fibroids, endometriosis, or ovarian cysts?	☐	☐
Do you get headaches or migraines related to your cycle?	☐	☐
Do you experience water retention or puffiness?	☐	☐

If you checked 3 or more, you may have **estrogen dominance,** meaning estrogen is too high relative to progesterone.

2. LOW PROGESTERONE

Do you struggle falling asleep or staying asleep?	☐	☐
Do you feel anxious , overwhelmed, or easily stressed?	☐	☐
Is your cycle irregular, shorter than 24 days, or unpredictable?	☐	☐
Do you experience spotting before your period?	☐	☐
Do you have difficulty handling stress compared to when you were younger?	☐	☐
Do you get night sweats before your period?	☐	☐

If you checked 3 or more, you may have **low progesterone,** often due to chronic stress, poor sleep, or perimenopause.

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3. LOW ESTROGEN (PERIMENOPAUSE/LATE STAGE)

	Y	N
Do you have hot flashes or night sweats?	☐	☐
Do you experience vaginal dryness or discomfort	☐	☐
Do you have difficulty concentrating or experience brain fog?	☐	☐
Have you noticed joint pain or stiffness?	☐	☐
Is your skin drier, thinner, or more wrinkled?	☐	☐
Do you have lower sex drive than before?	☐	☐
Have you noticed a loss of muscle tone?	☐	☐

If you checked 3 or more, you may have **low estrogen,** which happens in later perimenopause?

4. LOW TESTOSTERONE

Do you feel less motivated, or struggle with drive and focus?	☐	☐
Has your muscle tone decreased despite working out?	☐	☐
Do you have lower libido compared to before?	☐	☐
Are you experiencing fatigue or lack of energy?	☐	☐
Do you feel like you recover slower from exercise?	☐	☐

If you checked 3 or more, you may have **low testosterone,** which affects strength, motivation, and libido.

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5. THYROID IMBALANCE (HYPOTHYROIDISM/HASHIMOTOS)

	Y	N
Do you often feel cold, especially in your hands and feet?	☐	☐
Have you gained weight despite eating well? (slow metabolism)	☐	☐
Do you have dry skin, brittle nails, or thinning hair? (thinning eyebrows)	☐	☐
Do you experience sluggish digestion or constipation?	☐	☐
Are you often tired even after sleeping?	☐	☐
Do you feel brain fog or memory issues?	☐	☐

If you checked 3 or more, you may have **low thyroid function,** which can be linked to stress, nutrient deficiences, or autoimmunity.

6. CORTISOL DYSREGULATION (STRESS AND ADRENALS)

Do you wake up tired but het a second wind at night?	☐	☐
Do you feel weired but exhauseted at the same time?	☐	☐
Do you get dizzy when standing up quickly?	☐	☐
Do you have sugar or salt cravings?	☐	☐
Do you feel overwhelmed easily or get irritated quickly?	☐	☐
Do you wake up in the middle of the night and struggle to fall back asleep?	☐	☐

If you checked 3 or more, you may have **cortisol dysregulation,** often caused by chronic stress, poor sleep, or overexercising.

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7. BLOOD SUGAR & INSULIN RESISTANCE

	Y	N
Do you feel tired after eating, especially carbs?	☐	☐
Do you crave sugar or carbs frequently?	☐	☐
Do you carry more weight around your belly?	☐	☐
Do you feel shaky, irritable, or dizzy if you go to long without eating?	☐	☐
Have you noticed skin tags, dark patches, of sin or have acne around the jawline?	☐	☐

If you checked 3 or more, you may have **insulin resistance,** which can affect hormones and metabolism.

8. LOW TESTOSTERONE FOR MEN

Do you feel more tired, sluggish, or unmotivated than you used to?	☐	☐
Have you noticed a drop in your sex drive or performance?	☐	☐
Do you have less muscle tone or strength, even with regular activity?	☐	☐
Do you feel more irritable, flat, or slower thinking?	☐	☐
Are you gaining weight in your belly or chest?	☐	☐
So you feel more irritable, flat, or down emotionally?	☐	☐

If you checked 3 or more, you may have **low testosterone,** which often occurs with age, chronic stress, or poor sleep and recovery.