

Simple Hormone Quiz



Questionnaire

Patient Name	
Date	
Age	

Instructions

As you read through the eight categories, check the symptoms that currently apply to you. At the end of each section, add up the number of symptoms you have checked and record this number. At the end, check your "TOTAL" scores with the answer key to get a better idea of what might be going on with your hormones.

Category A
<input type="checkbox"/> I experience bloating or puffiness
<input type="checkbox"/> I feel irritable or experience mood swings
<input type="checkbox"/> I experience heavy, painful periods
<input type="checkbox"/> I have gained weight or have difficulty losing weight, especially around my hips, butt and thighs
<input type="checkbox"/> I've been told I have fibroids
TOTAL:

Category B
<input type="checkbox"/> I'm emotionally fragile and/or I feel nostalgic about the past
<input type="checkbox"/> I have difficulty with memory
<input type="checkbox"/> My periods are fewer than 3 days
<input type="checkbox"/> I struggle with depression, anxiety, or lethargy
<input type="checkbox"/> I have night sweats and/or hot flashes
TOTAL:

Category C
<input type="checkbox"/> I experience PMS 7-10 days before my period
<input type="checkbox"/> I get headaches or migraines around my period
<input type="checkbox"/> I feel anxious often
<input type="checkbox"/> I have painful, heavy, or difficult periods
<input type="checkbox"/> My breasts are painful or swollen before my period
TOTAL:



Category D

- I have abnormal hair growth on my face, chest, and/or abdomen
- I have acne
- I have oily skin and/or hair
- I have areas of darker skin (e.g. armpits)
- I've noticed thinning hair on my head

TOTAL:

Category E

- I have a low libido or diminished sex drive
- I struggle with depression, have mood swings or cry easily
- I have no motivation
- I am tired or fatigued throughout the day or have been diagnosed with chronic fatigue syndrome
- I'm unable to gain muscle and am losing muscle mass

TOTAL:

Category F

- I feel tired in the morning, even after a full night's sleep
- I depend on caffeine to get through my day
- I want to take naps most days
- My energy crashes in the afternoon
- I crave salty or sweet food

TOTAL:

Category G

- My life is crazy stressful
- I feel overwhelmed by stress
- I have extra weight around my midsection
- I have difficulty falling or staying asleep
- My body is tired at night, but my mind is going a mile a minute – “wired and tired”

TOTAL:



Category H
<input type="checkbox"/> My life is crazy stressful
<input type="checkbox"/> I feel overwhelmed by stress
<input type="checkbox"/> I have extra weight around my midsection
<input type="checkbox"/> I have difficulty falling or staying asleep
<input type="checkbox"/> My body is tired at night, but my mind is going a mile a minute – “wired and tired”
TOTAL:

ANSWER KEY

0-1 box checked in a category

This category is unlikely to be the root imbalance in your hormonal system

2-3 boxes checked in a category

This might be a dominant hormonal imbalance causing or aggravating your symptoms

Category A	↑ estrogen
Category B	↓ estrogen
Category C	↓ progesterone
Category D	↑ testosterone
Category E	↓ testosterone
Category F	↓ cortisol
Category G	↑ cortisol
Category H	↓ thyroid hormone

NOTES
