

# Hormone Balance Scorecard

There are no right or wrong answers; simply respond as you see fit and your score will be calculated.

Check for YES for NO

## Section 1 - Estrogen

	Yes	No
1. I occasionally feel bloated, puffy, or retain water during my cycle	<input type="checkbox"/>	<input type="checkbox"/>
2. My breast increase in size during the month	<input type="checkbox"/>	<input type="checkbox"/>
3. My breasts feel uncomfortably tender usually before my period	<input type="checkbox"/>	<input type="checkbox"/>
4. I am experience mood swings and/or irritability before my period	<input type="checkbox"/>	<input type="checkbox"/>
5. I have painful periods with heavy bleeding	<input type="checkbox"/>	<input type="checkbox"/>
6. My extra weight is around my hips, buttocks or thighs	<input type="checkbox"/>	<input type="checkbox"/>
7. I have fibroids and/or my menstrual blood contains clots	<input type="checkbox"/>	<input type="checkbox"/>
8. I get tearful for no reason around my period	<input type="checkbox"/>	<input type="checkbox"/>
9. I get migraines or headaches each month	<input type="checkbox"/>	<input type="checkbox"/>
10. I have been diagnosed with endometriosis or adenomyosis	<input type="checkbox"/>	<input type="checkbox"/>

## YOUR TOTAL SCORE

Estrogen is a vital hormone in the female body, responsible for the development of the uterine lining, giving us our curves and feminine shapes, and supporting the brain, heart and bone health. When estrogen levels become imbalanced or are poorly metabolized, it can lead to a number of issues outlined such as weight gain, mood swings, heavy periods and breast tenderness. It is therefore important to maintain a balanced estrogen level for optimal health.

please move to section 2

# Hormone Balance Scorecard

Check for YES or NO

## Section 2 - Low Estrogen Levels

	Yes	No
1. I have a hard time with my memory or finding words	<input type="checkbox"/>	<input type="checkbox"/>
2. My periods are extremely light and last less than 3 days	<input type="checkbox"/>	<input type="checkbox"/>
3. I experience hot flashes or night sweats	<input type="checkbox"/>	<input type="checkbox"/>
4. My breasts are smaller or are drooping	<input type="checkbox"/>	<input type="checkbox"/>
5. My joints are more achy and stiff in general	<input type="checkbox"/>	<input type="checkbox"/>
6. I'm have more fine lines or wrinkles recently	<input type="checkbox"/>	<input type="checkbox"/>
7. My skin is thinner and losing its elasticity	<input type="checkbox"/>	<input type="checkbox"/>
8. My libido is low	<input type="checkbox"/>	<input type="checkbox"/>
9. I experience vaginal dryness in general and during sex	<input type="checkbox"/>	<input type="checkbox"/>
10. I'm having a hard time conceiving or miscarried in the 1st trimester	<input type="checkbox"/>	<input type="checkbox"/>

### YOUR TOTAL SCORE

Section 2 deals with the consequences of having low estrogen levels. Symptoms that may be experienced include fatigue, depression, lack of sexual desire, pain during intercourse, mental confusion, headaches, joint pain, and difficulty sleeping.

please move to section 3

# Hormone Balance Scorecard

Check for YES or NO

## Section 3 - Progesterone

	Yes	No
1. I have PMS symptoms 7-10 days before my period begins	<input type="checkbox"/>	<input type="checkbox"/>
2. I have anxiety 7-10 days before my period begins	<input type="checkbox"/>	<input type="checkbox"/>
3. I experience menstrual bleeds that exceed 7 days	<input type="checkbox"/>	<input type="checkbox"/>
4. My breasts feel painful or swollen before my period	<input type="checkbox"/>	<input type="checkbox"/>
5. I get annoyed, teary or irritated before my period	<input type="checkbox"/>	<input type="checkbox"/>
6. I have irregular bleeding during my cycle	<input type="checkbox"/>	<input type="checkbox"/>
7. I have spotting before my period is suppose to start	<input type="checkbox"/>	<input type="checkbox"/>
8. I'm having difficulty conceiving or have miscarried in the 1st trimester	<input type="checkbox"/>	<input type="checkbox"/>
9. I use temperature charting and during my cycle never see a rise in my temperature	<input type="checkbox"/>	<input type="checkbox"/>
10. I use cervical mucus mapping and during my cycle never see clear raw egg white mucus	<input type="checkbox"/>	<input type="checkbox"/>

### YOUR TOTAL SCORE

Section 3 discusses the role of progesterone in relation to estrogen levels. Progesterone is produced by the ovaries after ovulation and helps to keep the uterine lining in place during pregnancy. If an egg is not fertilised, progesterone allows the uterine lining to be shed during menstruation. It helps the body to use fat for energy, protects against breast and uterus cancers, and supports the use of thyroid hormone. Low progesterone levels can lead to feelings of sadness, tiredness, anxiety, or irritability before a period, as progesterone is a calming hormone.

please move to section 4

# Hormone Balance Scorecard

Check YES or NO

## Section 4 - Testosterone

	Yes	No
1. I am prone to acne on my upper back, chest, jawline or chin	<input type="checkbox"/>	<input type="checkbox"/>
2. I have more greasy skin/hair associated with my menstrual cycle	<input type="checkbox"/>	<input type="checkbox"/>
3. I have abnormal hair growth on my face, chest, nipples or abdomen	<input type="checkbox"/>	<input type="checkbox"/>
4. The hair is thinning from the front (male pattern baldness)	<input type="checkbox"/>	<input type="checkbox"/>
5. I have skin tags	<input type="checkbox"/>	<input type="checkbox"/>
6. I have been diagnosed with PCOS	<input type="checkbox"/>	<input type="checkbox"/>
7. I'm having difficulty getting pregnant greater than 6 months	<input type="checkbox"/>	<input type="checkbox"/>
8. I have cycles that last longer than 35 days	<input type="checkbox"/>	<input type="checkbox"/>
9. I am under the age of 45 and have less than 12 periods per year	<input type="checkbox"/>	<input type="checkbox"/>
10. I put on muscle easily and retain muscle mass without difficulty	<input type="checkbox"/>	<input type="checkbox"/>

### YOUR TOTAL SCORE

Section 4 discusses the importance of testosterone for both men and women. Though women have lower levels of testosterone than men, it still plays an essential role in their bodies. Testosterone strengthens bones, promotes healthy brain function, boosts energy levels, and can even aid in improving one's mood and motivation. However, if testosterone levels become too high, it can lead to acne, hair growth in unwanted areas, hair loss, irregular menstrual cycles, and mood swings.

# Hormone Balance Scorecard

## HOW TO INTERPRET YOUR RESULTS:

- 0 points per section- No issues with this hormone
- 1 point per section- Mild hormone issues possible
- 2 - 4 points per section- Moderate hormonal issue possible
- 5 - 10 points per section- Strong hormone imbalance noted.

## NOW WHAT?

It is important to keep in mind that many hormones can produce similar effects in our bodies, and certain signs could be the result of more than one type of hormone imbalance. We recommend that you get your hormones tested before taking any hormone-related nutritional supplements, making dietary or lifestyle changes. This will assist you in creating an action plan that is tailored to your specific hormonal needs.