

YOUR NAME:

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 -Excess 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 have more fine lines or wrinkles recently	<input type="checkbox"/>	<input type="checkbox"/>
7. My skin is thinner and loses 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 supposed 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.

[please move to summary](#)

Hormone Balance Scorecard

Check YES or NO

Section 5 - Thyroid

	Yes	No
1. Sensitivity to cold and/or hands and feet are always cold	<input type="checkbox"/>	<input type="checkbox"/>
2. Irregular periods	<input type="checkbox"/>	<input type="checkbox"/>
3. Gain weight easily or difficulty losing weight	<input type="checkbox"/>	<input type="checkbox"/>
4. Puffiness or swelling around eyes noted in the morning	<input type="checkbox"/>	<input type="checkbox"/>
5. Constipation	<input type="checkbox"/>	<input type="checkbox"/>
6. Aching joints in the morning	<input type="checkbox"/>	<input type="checkbox"/>
7. Dry skin and/or dry or brittle nails	<input type="checkbox"/>	<input type="checkbox"/>
8. Dry and brittle nails	<input type="checkbox"/>	<input type="checkbox"/>
9. Fatigue or Forgetfulness	<input type="checkbox"/>	<input type="checkbox"/>
10. Elevated cholesterol	<input type="checkbox"/>	<input type="checkbox"/>

YOUR TOTAL SCORE

Section 5: Maintaining normal thyroid levels is essential for health and well-being. It helps regulate metabolism, energy levels, mood, digestion, reproductive health and many other essential functions. Without proper levels, these functions can be impaired, leading to fatigue, weight gain, depression, infertility and other issues. Regular monitoring and treatment of thyroid levels is important for optimal health.

[please move to summary](#)

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HOW TO INTERPRET YOUR RESULTS:

For Sections 1-4

- 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.

For Section 5

- Total score >10 . There is a significant metabolism problem. Thyroid hormone is not working in a proper manner. Thyroid issues are likely causing other health problems.
- Score 5-9, you have a noticeable metabolism problem. Thyroid hormone function in your body is struggling.
- Score 2-4, you are showing some signs of metabolism wear and tear. thyroid dysfunction is possible.
- If your score is < 2 , your metabolism is in good condition.

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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.

[Click here](#) for a free consultation with your hormone specialist
Jennifer Carlson, DNP, FNP-C

