

WOMEN HORMONE CHECKLIST

Symptoms	Never (0 point)	Mild (1 point)	Moderate (2 points)	Severe (3 points)
Fatigue				
Insomnia				
Weight gain				
Anxiety				
Depression				
Erectile dysfunction				
Memory problems				
Decrease sex drive				
Inability to build muscle				
Body pain				
Emotional				
Excessive sweating				
Always cold				
Breast development				

Total Score:

SCORE

- 0- 4 Unlikely hormone Imbalance
- 5- 9 Possible Hormone Imbalance
- 10+ Likely Hormone Imbalance