

## Hormone Reset Quiz

**Name:**

**Date:**

Mark the intensity in which you have felt any of the following in the last 6 months by using the following outline below:

- 1: Never
- 2: Maybe 1-2 times
- 3: About once a month
- 4: Daily/Always

Answer the following questions by circling which number reflects how you feel. At the end of each section, add the numbers together and fill in what the total is. This will help us gauge which hormones may be negatively affecting your life.

### Part 1:

You feel exhausted throughout the day only to experience a second wind or burst of energy right before bedtime

1      2      3      4

You experience symptoms of ADD or ADHD such as being easily distracted and unable to stay on task

1      2      3      4

You feel exhausted yet your mind is always racing

1      2      3      4

You feel out of control with your emotions and you are easily angered

1      2      3      4

You find yourself constantly craving sugary treats, especially after a meal

1      2      3      4

You have an irregular and unpredictable menstrual cycle

1      2      3      4

You are unable to easily fall asleep or stay asleep

1      2      3      4

You struggle with irrational fears and/or uncontrollable anxiety

1      2      3      4

You've gained abnormal weight in your midsection

1      2      3      4

You've been diagnosed with high blood pressure

1\_    2      3      4

Unable to slow down and are constantly on the go

1      2      3      4

Unable to easily conceive

1      2      3      4

Diagnosed with osteoporosis and/or osteopenia

1      2      3      4

Increase of stretch marks not related to weight gain or loss

1      2      3      4

Total Number:

**Part 2:**

Easily emotional and teary throughout the day

1      2      3      4

You experience loss of energy and the afternoon lull between 2pm-5pm

1      2      3      4

You experience intense cravings from salty or greasy foods

1      2      3      4

You have a tendency to see the glass half empty (negative outlook)

1      2      3      4

Experience abnormal sweating

1      2      3      4

Unable to quickly think through solutions or options (problem solving skills)

1      2      3      4

Abnormal bowel movements ranging from constipation to diarrhea

1      2      3      4

Increase in stress levels as well as the inability to manage stress

1      2      3      4

Increase in digestive issues such as stomach pains, nausea, and/or vomiting

1      2      3      4

Hemorrhoids or varicose veins

1      2      3      4

Increase in bruising

1      2      3      4

You easily get sick whether it's the common cold, contracting infections or viruses

1      2      3      4

You wake you between 1am-4am without reason

1      2      3      4

You have low blood sugar and easily become weak when hungry

1      2      3      4

Increase in dizziness and unable to keep your balance especially when doing from a laying down/sitting position to standing

1      2      3      4

Total Number:

**Part 3**

You experience disrupted sleep and you do not feel rested upon waking up

1      2      3      4

You have an increase in water weight a few days before starting your period

1      2      3      4

Restless leg syndrome or symptoms of restless leg syndrome

1      2      3      4

Abnormal mood swings or increased irritation before or during your period

1      2      3      4

You have a loss of coordination or balance

1      2      3      4

Unable to conceive after 6-12 months of trying

1      2      3      4

You have experienced one or more first trimester miscarriages

1      2      3      4

You've noticed your breasts are more tender, swollen, or overall painful

1      2      3      4

Your periods feel unmanageable with an increase in pain and abnormal amounts of bleeding

1      2      3      4

Total number:

**Part 4**

You've gained an abnormal amount of weight in your lower body (gluteus and hips)

1      2      3      4

You frequently experience headaches and/or migraines

1      2      3      4

You've had an increase in mood swings and/or breakdowns

1      2      3      4

You've been diagnosed or experience symptoms of Endometriosis (painful periods)

1      2      3      4

Increase in brain fog or inability to think clearly

1      2      3      4

Increase in water weight (bloating and puffiness)

1      2      3      4

You are easily emotional (sadness, anger, or depression) over even minor inconveniences

1      2      3      4

You've had an abnormal pap smear

1      2      3      4

You are unable to fall asleep or stay asleep

1      2      3      4

You've been diagnosed or have symptoms of rosacea (red spots on face)

1      2      3      4

You've either had your gallbladder removed or have experience problems with your gallbladder

1      2      3      4

Total number:

**Part 5**

You are unable to have sex without experiencing pain or discomfort

1      2      3      4

You've experience loss of feeling in your vagina

1      2      3      4

You find it hard to motivate yourself to workout

1      2      3      4

You're having an increase in vaginal dryness, irritation, or overall discomfort

1      2      3      4

Dryness in eyes, nose, or mouth

1      2      3      4

You have found yourself lost in mild depression with symptoms ranging from lack of motivation, loss of energy, and lethargy

1      2      3      4

You've noticed more wrinkles and/or sunspots primarily on your face

1      2      3      4

Decrease in short-term memory functionality and you easily forget recent thoughts or details

1      2      3      4

Increase in bladder infections and/or UTIs

1      2      3      4

You are easily saddened and people feel the need to treat you with caution

1      2      3      4

You are experiencing achy joints and muscles

1      2      3      4

Decreased interest in sex

1      2      3      4

Total number:

**Part 6**

You feel overwhelmed with feelings of depression and/or anxiety

1      2      3      4

You are experiencing abnormal hair growth on your face, chest, or arms

1      2      3      4

You are unable to control your temper and find yourself lashing out

1      2      3      4

You are unable to conceive

1      2      3      4

Your body produces abnormal grease in your hair and/or skin

1      2      3      4

You've been diagnosed or have symptoms of Polycystic Ovarian Syndrome

1      2      3      4

You're getting your period more than once a month

1      2      3      4

Thinning hair

1      2      3      4



Increase in skin abnormalities such as acne and/or skin tags

1      2      3      4

You've had or have cysts on your ovaries

1      2      3      4

You are unable to control your blood sugar

1      2      3      4

Total Number:

**Part 7**

Increased difficulty in losing weight

1      2      3      4

You are experiencing dry skin and or/hair

1      2      3      4

Inability to have a full bowel movement at least daily

1      2      3      4

Unable to handle cold temperature easily (always shivering or wrapped in blankets)

1      2      3      4

Increased levels of fatigue

1      2      3      4

Unable to move quickly, often feeling like you are walking through wet cement

1      2      3      4

You are experiencing severe brain fog and a sluggish mind

1      2      3      4

Your hands and feet often times feel as though they fell asleep

1      2      3      4

You are unable to easily work up a sweat

1      2      3      4

You are experiencing constant headaches

1      2      3      4

You are especially sensitive to temperatures whether hot or cold

1      2      3      4

Your muscles appear to be sagging (lack of muscle tone)

1      2      3      4

You have thin fingernails that easily break

1      2      3      4

You have an increase of fluid retention in your joints, primarily your ankles and feet

1      2      3      4

Total Number: