



HORMONE SYMPTOM TRACKER

Please rate your current symptoms
 1: mild
 2: moderate
 3: severe
 If no symptoms, leave box blank

*multiple reasons for this symptom
 **signs of excess

ESTROGENS	HOT FLASHES		VAGINAL DRYNESS		DRY, DEHYDRATED SKIN		BACK AND JOINT PAIN	
	NIGHT SWEATS		URINARY TRACT INFECTIONS		TINNING SKIN		LOW BONE DENSITY*	
	DEPRESSION		DECREASED SENSUALITY		LOSS OF GLOW		BREAST TENDERNESS**	
	BRAIN FOG		PAIN DURING INTERCOURSE		DRY EYES		BREAST FULLNESS**	
	FATIGUE / LOW ENERGY		URINARY LEAKAGE		VERTICAL LINES AROUND MOUTH		NIPPLE TENDERNESS**	
	WEIGHT GAIN		DROOPY BREASTS		HIGH CHOLESTEROL		FLUID RETENTION**	
PROGESTERONE	DIFFICULTY FALLING & STAYING ASLEEP		SWOLLEN, PAINFUL BREASTS		FIBROIDS/ENDOMETRIOSIS		LOW BONE DENSITY	
	IRRITABILITY		SWOLLEN FEET AND ANKLES		HISTORY OF INFERTILITY		HOT FLASHES	
	ANXIOUS		PERIOD IRREGULARITIES		HISTORY OF MISCARRIAGE		PMS	
	MOOD SWINGS		SCANTY MENSTRUATION		HEADACHES		SWOLLEN FACE	
	UNABLE TO RELAX		HEAVY BLEEDING		ACNE		DROWSINESS**	
TESTOSTERONE / DHEA	LOSS OF MUSCLE		LACK OF ORGASM		DIGESTIVE ISSUES		VOICE CHANGES**	
	ABDOMINAL WEIGHT GAIN		LOW CLITORAL SENSITIVITY		POOR TISSUE REPAIR		AGGRESSION**	
	CELLULITE		DRY EYES		IMMUNE DYSFUNCTION		OILINESS OF SKIN**	
	VARICOSE VEINS		LOSS OF CONFIDENCE		LOW BONE DENSITY*		HAIR LOSS ON HEAD**	
	LOSS OF LIBIDO		LOW ENERGY/STAMINA		UNWANTED HAIR GROWTH**		ACNE* and **	