

HORMONE SYMPTOM TRACKER



PLEASE RATE YOUR CURRENT SYMPTOMS

😊 1-MILD 😐 2-MODERATE 😞 3-SEVERE

NAME:

DATE:

IF NO SYMPTOMS, LEAVE BOX BLANK

[Text](#)

ESTROGENS

HOT FLASHES	DECREASED SENSUALITY	VERTICAL LINES AROUND MOUTH
NIGHT SWEATS	PAIN DURING INTERCOURSE	HIGH CHOLESTEROL
DEPRESSION	URINARY LEAKAGE	BACK AND JOINT PAIN
BRAIN FOG	DROOPY BREASTS	LOW BONE DENSITY*
FATIGUE/LOW ENERGY	DRY, DEHYDRATED SKIN	BREAST TENDERNESS
WEIGHT GAIN	THINNING SKIN	BREAST FULLNESS
VAGINAL DRYNESS	LOSS OF GLOW	NIPPLE TENDERNESS
URINARY TRACT INFECTIONS	DRY EYES*	FLUID RETENTION

SIGNS OF EXCESS

PROGESTERONE

DIFFICULTY FALLING & STAYING ASLEEP	BREAST LUMPS / FIBROCYSTIC BREASTS	HISTORY OF INFERTILITY
IRRITABILITY	SWOLLEN FEET AND ANKLES	HISTORY OF MISCARRIAGE
ANXIOUS	PERIOD IRREGULARITIES	HEADACHES
MOOD SWINGS	SCANTY MENSTRUATION	ACNE
UNABLE TO RELAX	HEAVY BLEEDING	SWOLLEN FACE
HOT FLASHES	PMS	LOW BONE DENSITY*
SWOLLEN, PAINFUL BREASTS	FIBROIDS/ENDOMETRIOSIS	DROWSINESS*

SIGNS OF EXCESS

TESTOSTERONE / DHEA

LOSS OF MUSCLE	DRY EYES	UNWANTED HAIR GROWTH
ABDOMINAL WEIGHT GAIN	LOSS OF CONFIDENCE	VOICE CHANGES
CELLULITE	LOW ENERGY/STAMINA	AGGRESSION
VARICOSE VEINS	DIGESTIVE ISSUES	OILINESS OF SKIN
LOSS OF LIBIDO	POOR TISSUE REPAIR	HAIR LOSS ON HEAD
LACK OF ORGASM	IMMUNE DYSFUNCTION	ACNE*
LOW CLITORAL SENSITIVITY	LOW BONE DENSITY*	

SIGNS OF EXCESS