Hormone SYMPTOMS Checklist

0 - Not a problem 1 – Rarely a problem 2 – Bothers me occasionally 3 – Regularly a problem 4 – Almost always a problem 5 – Constantly a problem

SYMPTOMS	DATE														
Aches and Pains															
Acne, oily skin															
Allergies															
Anxiety															
Breast tenderness															
Bloating, water retention															
Cold hands and feet															
Constipated															
Decreased sex drive															
Depression															
Dry eyes															
Dry skin															
Dry, brittle hair															
Energy low in the morning															
Energy low in the afternoon															
Energy low all day long															
Fat gain															
Fibrocystic (lumpy) breasts															
Foggy thinking															
Gallbladder pain															
Hair loss															
Headaches															
Heart palpitations															
Hip pain or low back pain															
Hypoglycemia (low blood sugar)															
Hot flashes															
Incontinence (urinary)															
Insomnia (inability to sleep)															
Irritability															
Memory loss															
Migraines															
Muscle weakness															
Night sweats															
Oversensitivity															
Painful intercourse															
PMS															
Talking excessively															
Thinning skin															
Urinary tract irritation or infection															
Uterine fibroids															
Vaginal dryness															
Weepiness															
Weight gain															