Name:_____D.O.B._____/____/_____ Today's Date:_____

1.	Hot flashes	☐ none	☐ mild	☐ moderate	☐ severe
	Sleep disturbances	☐ none	☐ mild	☐ moderate	☐ severe
	Dry skin	☐ none	☐ mild	☐ moderate	☐ severe
	Foggy thinking	☐ none	☐ mild	☐ moderate	☐ severe
	Heart Palpitations	☐ none	☐ mild	☐ moderate	☐ severe
	Painful intercourse	☐ none	☐ mild	☐ moderate	☐ severe
	Low Libido	☐ none	☐ mild	☐ moderate	☐ severe
	Night Sweats	☐ none	☐ mild	☐ moderate	☐ severe
	Vaginal dryness/atrophy	☐ none	☐ mild	☐ moderate	☐ severe
	Headaches	☐ none	☐ mild	☐ moderate	☐ severe
	Memory Lapses	☐ none	☐ mild	☐ moderate	☐ severe
	Yeast Infections	☐ none	☐ mild	☐ moderate	☐ severe
	Depression	☐ none	☐ mild	☐ moderate	☐ severe
	Bone Loss	☐ none	☐ mild	☐ moderate	☐ severe
2.	Water Retention	☐ none	☐ mild	☐ moderate	☐ severe
	Breast swelling and tenderness	☐ none	☐ mild	☐ moderate	☐ severe
	Craving for sweets	☐ none	☐ mild	☐ moderate	☐ severe
	Fibrocystic breasts	☐ none	☐ mild	☐ moderate	☐ severe
	Uterine fibroids	☐ none	☐ mild	☐ moderate	☐ severe
	Nervousness/anxiety/irritability	☐ none	☐ mild	☐ moderate	☐ severe
	Heavy, irregular menses	☐ none	☐ mild	☐ moderate	☐ severe
	Fatigue	☐ none	☐ mild	☐ moderate	☐ severe
	Weight gain	☐ none	☐ mild	☐ moderate	☐ severe
	Mood swings	☐ none	☐ mild	☐ moderate	☐ severe
	Low thyroid symptoms	☐ none	☐ mild	☐ moderate	☐ severe
3.	Swollen breasts	☐ none	☐ mild	☐ moderate	☐ severe
	Headaches	☐ none	☐ mild	☐ moderate	☐ severe
	Anxiety	☐ none	☐ mild	☐ moderate	☐ severe
	Irregular menses	☐ none	☐ mild	☐ moderate	☐ severe
	Cramping	☐ none	☐ mild	☐ moderate	☐ severe
	Infertility	☐ none	☐ mild	☐ moderate	☐ severe
	Acne	☐ none	☐ mild	☐ moderate	☐ severe
	Weight gain	☐ none	☐ mild	☐ moderate	☐ severe
	Low libido	☐ none	☐ mild	☐ moderate	☐ severe
	Mood swings	☐ none	☐ mild	☐ moderate	☐ severe
	Depression	☐ none	☐ mild	☐ moderate	☐ severe
	PMS	☐ none	☐ mild	☐ moderate	☐ severe
	Fuzzy thinking	☐ none	☐ mild	☐ moderate	☐ severe
	Joint pain	☐ none	☐ mild	☐ moderate	☐ severe
4.	Somnolence	☐ none	☐ mild	☐ moderate	☐ severe
	Mild depression	☐ none	☐ mild	☐ moderate	☐ severe
	Candida exacerbations	☐ none	☐ mild	☐ moderate	☐ severe
	Gastrointestinal bloating	☐ none	☐ mild	☐ moderate	☐ severe
	Breast swelling	☐ none	☐ mild	☐ moderate	☐ severe
5.	Fatigue, prolonged	☐ none	☐ mild	☐ moderate	☐ severe
	Memory problems	☐ none	☐ mild	☐ moderate	☐ severe
	Decrease libido	☐ none	☐ mild	☐ moderate	☐ severe
	Muscle weakness	☐ none	☐ mild	☐ moderate	☐ severe
	Heart palpitations	☐ none	☐ mild	☐ moderate	☐ severe
	Bone loss	☐ none	☐ mild	☐ moderate	☐ severe
	Incontinence	☐ none	☐ mild	☐ moderate	☐ severe
	Fibromyalgia	☐ none	☐ mild	☐ moderate	☐ severe
	Mental fuzziness	☐ none	☐ mild	☐ moderate	☐ severe

	Depression	☐ none	☐ mild	☐ moderate	☐ severe
	Blunted motivation	☐ none	☐ mild	☐ moderate	☐ severe
	Diminished feeling of well-being	☐ none	☐ mild	☐ moderate	☐ severe
	Thinning skin	☐ none	☐ mild	☐ moderate	☐ severe
	Vaginal dryness	☐ none	☐ mild	☐ moderate	☐ severe
	General aches/pains	☐ none	☐ mild	☐ moderate	☐ severe
6.	Acne	☐ none	☐ mild	☐ moderate	☐ severe
	Deepening of voice	☐ none	☐ mild	☐ moderate	☐ severe
	Irritability/moodiness	☐ none	☐ mild	☐ moderate	☐ severe
	Loss of scalp hair	☐ none	☐ mild	☐ moderate	☐ severe
	Male-pattern hair growth	☐ none	☐ mild	☐ moderate	☐ severe
	Clitoral enlargement	☐ none	☐ mild	☐ moderate	☐ severe
	Insomnia	☐ none	☐ mild	☐ moderate	☐ severe
7.	Fatigue	☐ none	☐ mild	☐ moderate	☐ severe
	Craving for sweets	☐ none	☐ mild	☐ moderate	☐ severe
	Chemical sensitivities	☐ none	☐ mild	☐ moderate	☐ severe
	Symptoms of low progesterone	☐ none	☐ mild	☐ moderate	☐ severe
	Allergies	☐ none	☐ mild	☐ moderate	☐ severe
	Irritability	☐ none	☐ mild	☐ moderate	☐ severe
8.	Bone loss	☐ none	☐ mild	☐ moderate	☐ severe
	Sleep disturbances	☐ none	☐ mild	☐ moderate	☐ severe
	Low libido	☐ none	☐ mild	☐ moderate	☐ severe
	Anxiety	☐ none	☐ mild	☐ moderate	☐ severe
	Depression	☐ none	☐ mild	☐ moderate	☐ severe
	Hair loss	☐ none	☐ mild	☐ moderate	☐ severe
	Elevated triglycerides	☐ none	☐ mild	☐ moderate	☐ severe
9.	Fatigue (especially evening)	☐ none	☐ mild	☐ moderate	☐ severe
	Cold extremities	☐ none	☐ mild	☐ moderate	☐ severe
	Low libido	☐ none	☐ mild	☐ moderate	☐ severe
	Dry skin	☐ none	☐ mild	☐ moderate	☐ severe
	General aches/pains	☐ none	☐ mild	☐ moderate	☐ severe
	Depression	☐ none	☐ mild	☐ moderate	☐ severe
	Scalp hair loss	☐ none	☐ mild	☐ moderate	☐ severe
	Brittle nails	☐ none	☐ mild	☐ moderate	☐ severe
	Low pulse rate/blood pressure	☐ none	☐ mild	☐ moderate	☐ severe
	Memory lapses	☐ none	☐ mild	☐ moderate	☐ severe
	Heart palpitations	☐ none	☐ mild	☐ moderate	☐ severe
	Constipation	☐ none	☐ mild	☐ moderate	☐ severe
	Low stamina	☐ none	☐ mild	☐ moderate	☐ severe
	Low body temperature	☐ none	☐ mild	☐ moderate	☐ severe
	Headaches	☐ none	☐ mild	☐ moderate	☐ severe
	Intolerance to cold	☐ none	☐ mild	☐ moderate	☐ severe
	Weight gain	☐ none	☐ mild	☐ moderate	☐ severe
	Anxiety	☐ none	☐ mild	☐ moderate	☐ severe
	Swollen, puffy eyes	☐ none	☐ mild	☐ moderate	☐ severe
	Decreased swelling	☐ none	☐ mild	☐ moderate	☐ severe
	Poor concentration	☐ none	☐ mild	☐ moderate	☐ severe
	High cholesterol	☐ none	☐ mild	☐ moderate	☐ severe
	Infertility	☐ none	☐ mild	☐ moderate	☐ severe
	Fibromyalgia	☐ none	☐ mild	☐ moderate	☐ severe