

Hormone Imbalance Checklist

Awareness is the first step to healing. Check off all the symptoms you struggle with. Many of these symptoms are common but not normal. Just know that your body wants to heal and it can!

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|---|--|
| <input type="checkbox"/> fatigue, low energy | <input type="checkbox"/> irregular periods |
| <input type="checkbox"/> trouble falling asleep | <input type="checkbox"/> PMS |
| <input type="checkbox"/> trouble staying asleep | <input type="checkbox"/> heavy, painful periods |
| <input type="checkbox"/> constipation | <input type="checkbox"/> cycles shorter than 21 days |
| <input type="checkbox"/> bloating | <input type="checkbox"/> cycles longer than 35 days |
| <input type="checkbox"/> acne, eczema, other skin issues | <input type="checkbox"/> periods longer than 7 days |
| <input type="checkbox"/> hair loss | <input type="checkbox"/> spotting between cycles |
| <input type="checkbox"/> abnormal hair growth | <input type="checkbox"/> large period clots |
| <input type="checkbox"/> low libido or infertility | <input type="checkbox"/> pink or brown period blood |
| <input type="checkbox"/> anxious or depressed | Diagnosed with |
| <input type="checkbox"/> low appetite | <input type="checkbox"/> hypothyroidism |
| <input type="checkbox"/> chronic UTIs or yeast infections | <input type="checkbox"/> estrogen dominance |
| <input type="checkbox"/> cold hands, feet, or nose | <input type="checkbox"/> PCOS |
| <input type="checkbox"/> low body temperature | <input type="checkbox"/> endometriosis |
| <input type="checkbox"/> low pulse rate | <input type="checkbox"/> fibroids or cysts |