

FREE HORMONE QUIZ

CHECK YOUR HORMONAL HEALTH



CHECK ALL THAT APPLY

- ☐ Do you feel more emotional than normal?
- ☐ Do you feel worn out and exhausted?
- ☐ Do you have hot flashes?
- ☐ Do you have night sweats?
- ☐ Do you have bladder leakage when you cough, sneeze, or laugh?
- ☐ Do you sometimes have brain fog?
- ☐ Are you becoming forgetful?
- ☐ Do you frequently feel panicked or anxious?
- ☐ Do you have new mid-belly weight?
- ☐ Do you have vaginal dryness or burning?
- ☐ Do you have low sex drive?
- ☐ Have you had an increase in migraines or headaches?
- ☐ Has your menstrual flow been heavier than normal?
- ☐ Is your menstrual bleeding longer than normal?
- ☐ Have you had a new increase in menstrual cramps?
- ☐ Do you have new Increased PMS?
- ☐ Do you have new mid-sleep waking?
- ☐ Are your menstrual cycles coming closer together?
- ☐ Do you have new breast tenderness?
- ☐ Have you gone more than 12 months without a cycle?

ANALYZE YOUR RESULTS

The above are some of the signs that women experience during perimenopause and menopause as hormones shift. While menopause is a natural transition all women make, it does not mean that you should tolerate symptoms that interfere with your health and happiness.

If you checked:

- ➡ **1 - 3 boxes:** You have very few signs of hormone imbalance. However, even just one symptom, such as hot flashes or heavy bleeding, can be a sign of imbalance.
- ➡ **4 - 7 boxes:** You have some signs of hormone imbalance; it is time to make some changes. If you work on your hormone health now, you will have an easier time transitioning to menopause later. Always discuss any changes to your monthly menstrual cycle with your doctor.
- ➡ **8 + boxes:** You have many signs of imbalance likely affecting the quality of your life, schedule an appointment with your doctor and ask for lab testing to determine the cause of your symptoms.

This self-assessment is not intended to diagnose. The intention is to raise awareness of how perimenopause and menopause symptoms may be affecting the quality of your life. If you have concerns about hormone health, speak with your primary health care provider.

We've been told that uncomfortable symptoms are just a normal part of "being a woman." While many of these signs are common, they are not necessarily normal. You can take control of your hormone health, ask me how.

You may be in need of a hormone reset. If you want to learn more about hormone health, please download my free guide "5 Simple Detox Strategies for Healthier Hormones". If you want to join my "21 Day Hormone Reset" the information is available on my website <http://kathydepalo-mooney.com/>

