

# Cycling Woman's Hormone Assessment

Name: \_\_\_\_\_  
 Today's Date: \_\_\_\_\_  
 Age: \_\_\_\_\_

0 = never  
 1 = sometimes  
 2 = most of the time  
 3 = all of the time

Please circle symptoms 0 - 3      0   1   2   3

<b>Category One (LV/GB)</b>				<b>Category Four (progesterone deficiency)</b>					
Frustration or irritability	0	1	2	3	Headaches or migraines after ovulation	0	1	2	3
Headaches with period or at ovulation	0	1	2	3	From ovulation to period under 14 days	0	1	2	3
Period sometimes early and sometimes late	0	1	2	3	Eye twitching after ovulation	0	1	2	3
Feeling sick or flu-like with period	0	1	2	3	Unclear when ovulating	0	1	2	3
Moderate or severe menstrual cramps	0	1	2	3	Breast tenderness prior to period	0	1	2	3
Endometriosis or fibroids	0	1	2	3	Spotting prior to period	0	1	2	3
Breast tenderness anytime of cycle	0	1	2	3	Hot flashes or night sweats prior to period	0	1	2	3
Acne throughout cycle	0	1	2	3	Problems falling asleep prior to period	0	1	2	3
Poor response to birth control	0	1	2	3	Depression or mood swings after ovulation	0	1	2	3
<b>Category Two (Yin deficiency estrogen def)</b>				<b>Category Five (Cortisol/progest excess)</b>					
Headaches after period stops	0	1	2	3	Irritability relieved with period	0	1	2	3
Feeling more emotional after period	0	1	2	3	Poor response to birth control	0	1	2	3
Minimal cervical fluid with ovulation	0	1	2	3	Ovulation to period more than 14 days	0	1	2	3
Vaginal dryness or needing lubricants	0	1	2	3	Running on warmer side after ovulation	0	1	2	3
Smaller breasts and low body weight	0	1	2	3	Weight gain around the middle	0	1	2	3
Consistently late or early ovulation	0	1	2	3	Severe anxiety at night after ovulation	0	1	2	3
Wrinkles and crows feet at before age 40	0	1	2	3	Severe insomnia after ovulation	0	1	2	3
Early signs of menopause	0	1	2	3	Increased appetite after ovulation	0	1	2	3
Hot flashes or night sweats after period	0	1	2	3	Nausea after ovulation without pregnancy	0	1	2	3
<b>Category Three (blood stasis – estrogen ex)</b>				<b>Category Six (testosterone/KD yang def)</b>					
Mood swings prior to ovulation	0	1	2	3	Depression or lack of motivation all cycle	0	1	2	3
Breast tenderness prior to ovulation	0	1	2	3	Vaginal weakness or pain with intercourse	0	1	2	3
Endometriosis or fibroids	0	1	2	3	Low libido or sex drive	0	1	2	3
Ovulating late (day 16 or later)	0	1	2	3	Sagging breast tissue	0	1	2	3
Spotting for 3 or more days at end of period	0	1	2	3	No desire for sex for physical activity	0	1	2	3
Cervical fluid more than 3 days at ovulation	0	1	2	3	Chronic low energy	0	1	2	3
Heavy menstrual cycles	0	1	2	3	Muscle weakness after exercise	0	1	2	3
Moderate cramping for 3 or more days	0	1	2	3	General aches and pains	0	1	2	3
Clotting with menstrual cycle	0	1	2	3	Difficulty maintaining muscle tone	0	1	2	3
<b>Category Seven (testosterone ex)</b>				<b>Category Eight (testosterone ex)</b>					
				Hot tempered or easily irritated	0	1	2	3	
				Polycystic Ovarian Syndrome	0	1	2	3	
				Menstrual cycles over 60 days	0	1	2	3	
				Thinning hair on head or pubic area	0	1	2	3	
				Diabetes or insulin resistance	0	1	2	3	
				Deeper voice or male characteristics	0	1	2	3	
				History of ovarian cysts	0	1	2	3	
				Excessive facial and abdominal hair	0	1	2	3	
				Acne or oily skin worse after ovulation	0	1	2	3	