

Day Five

HORMONE

ASSESSMENT

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Robin's Hormone Reset

Day 5 Hormone Assessment

Most women don't know that hormone imbalances cause them to feel unwell. Congratulations for being here to figure out your hormone status.

DO YOU HAVE OR HAVE YOU EXPERIENCED IN THE PAST SIX MONTHS...

- Agitation, anxiety or PMS?
- Cyclical headaches (particularly menstrual or hormonal migraines)?
- Painful and/or swollen breasts?
- Low libido?
- Irregular menstrual cycles, or cycles becoming more frequent as you age?
- Heavy or painful periods?
- Bloating, particularly in the ankles and belly, and/or fluid retention (you gain 3 to 5 pounds or more before your period)?
- Ovarian cysts, breast cysts, or endometrial cysts (polyps)?
- Easily disrupted sleep, waking at night?
- Itchy or restless legs, especially at night?
- Increased clumsiness or poor coordination?
- Infertility or sub-fertility (you've been trying hard to conceive but haven't hit the official twelve-month mark of no conception - six months if you're thirty-five or older)?
- Miscarriage in the first trimester?

Your Total Score (total your "yeses"): Before _____ After _____