



Day 2

"If you can feel it, you can heal it." Joy Truscott

- ❖ My Day 2 Hormone Assessment Score is _____.
- ❖ The Hormone for today is _____.
- ❖ Root-cause-healing for optimal health, not _____ management.
- ❖ List TWO of the Top 10 Hormone Dealbreakers that you want to remember.

- ❖ On the Quick Lifestyle Assessment I scored _____ out of 26 total.
- ❖ Insulin _____ can cause many of the symptoms of hormone imbalance that I may be experiencing.
- ❖ List three health markers that poor sleep affects:
 1. _____
 2. _____
 3. _____

Peri+Menopause Solution



- ❖ How can movement help me balance my hormones so I feel better?

- ❖ The two MAJOR hormones are: _____ and _____.

- ❖ The right information + the right _____ = powerful results.

- ❖ Small changes _____ = BIG results!

- ❖ Action Steps - I'm excited!:

1. _____
2. _____
3. _____