Hormone Imbalance Checklist

Hormone balance plays a vital role in achieving your weight-loss goals and maintaining a healthy weight. This symptom checklist can be used to help understand how your hormones may be affecting your weight.

(Write the boxes below if you experience these symptoms.)

**Symptoms for Men and Women:**

- Feel Sad or Tearful
- Fatigue AM / PM
- Cold Extremities
- Excessive Worry
- Constipation
- Sleep Disturbances
- Low Libido
- Brittle Hair/Nails
- Stiffness
- Puffy Eyes
- Feel Anxious
- Tingling Hands/Feet
- Cannot Lose Weight
- Foggy Thinking
- Dry Skin
- Belly Fat
- Mood Swings
- Stress
- Water Retention
- Irritable
- Lack Motivation
- Thinning Hair
- Panic Attacks
- Inflamed Joints
- Concentration Issues
- Sugar/Carb Cravings
- Decreased Energy
- Hot Flashes
- Aches and Pains
- Incontinence
- Premature Aging
- Migraines
- Brittle Hair/Nails
- Stiffness
- Puffy Eyes
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- Migraines

Have you been attempting to cope with a stressful situation or event for more than three months?  Yes  No

(Examples could include: divorce, relationship problems, parenting challenges, aging parent, work stress, job worries, financial problems and anything else that makes you feel tense, anxious or constantly worried.)

Do you run out of energy or get sleepy in the afternoon?  Yes  No

Do you sleep less than 8 hours per night?  Yes  No

Do you fall asleep easily?  Yes  No

Do you have a hard time getting up in the morning?  Yes  No

If you answered YES to 3 or more of the above you may be struggling with a hormone imbalance. Working with a specialist to gently rebalance your hormones can help you to feel better, find relief from these symptoms, and can make weight loss easier.

**The team at Metabolic Research Center can help!**

You may choose to print this checklist and bring it with you to your next visit at our center.

Note: The information provided within this checklist is not to replace a relationship with your Medical Professional. The information is not intended as medical advice and is not a medical diagnosis.