

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.

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

Symptoms for Men and Women:

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

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.