

(Print and fill out one page below, corresponding to sex and if over age 13)

Health Check – Women’s Symptom Review

Please review the symptom check list below and indicate any symptoms you are experiencing

Symptom	none	mild	moderate	severe		
Hot Flashes					Low Estrogen	
Night Sweats						
Vaginal Dryness						
Incontinence						
Bleeding Changes					Estrogen Dominance	
Uterine Fibroids						
Water Retention						
Tender Breasts						
Fibrocystic Breasts						
Increased Forgetfulness						
Foggy Thinking						
Tearful						
Depressed						
Mood Swings						
Stress						
Morning Fatigue						Adrenal
Difficulty Sleeping						
Decreased Stamina						
Anxious						
Irritable						
Nervous						
Fibromyalgia						
Allergies						
Headaches						
Sugar Cravings						
Dizzy Spells						
Cold Body Temperature					Thyroid	
Goiter						
Hoarseness						
Hair Dry or Brittle						
Nails Breaking or Brittle						
Constipation						
Slow Pulse Rate						
Rapid Heartbeat						
Heart Palpitations						
Infertility Problems						
Acne						Metabolic Syndrome High Androgens
Increased Facial/Body Hair						
Scalp Hair Loss						
Weight Gain – Hips						
Weight Gain – Waist						
High Cholesterol						
Elevated Triglycerides					Low Androgens/ Other	
Decreased Libido						
Decreased Muscle Size						
Thinning Skin						
ringing in Ears						
Rapid Aging						
Aches and Pains						
Bone Loss						

Health Check – Men’s Symptom Review

Please review the symptom check list below and indicate any symptoms you are experiencing

Symptom	none	mild	moderate	severe	
Decreased Urine Flow					Estrogen Dominance
Increased Urinary Urge					
Prostate Problems					
Weight Gain – Chest / Hips					
Weight Gain – Waist					
Decreased Libido					Metabolic Syndrome/ Low Androgens
Decreased Erections					
Ringing in Ears					
High Cholesterol					
Elevated Triglycerides					
Hot Flashes					
Night Sweats					
Decreased Mental Sharpness					
Increased Forgetfulness					
Decreased Muscle Size					
Decreased Flexibility					
Sore Muscles					
Increased Joint Pain					
Bone Loss					
Rapid Aging					
Thinning Skin					Adrenals
Decreased Stamina					
Burned Out Feeling					
Stress					
Morning Fatigue					
Evening Fatigue					
Difficulty Sleeping					
Apathy					
Depressed					
Mental Fatigue					
Anxious					
Irritable					
Nervous					Thyroid/ Other
Headaches					
Sugar Cravings					
Dizzy Spells					
Cold Body Temperature					
Goiter					
Hoarseness					
Hair Dry or Brittle					
Constipation					
Slow Pulse Rate					
Rapid Heartbeat					
Heart Palpitations					
Infertility problems					
Allergies					