

SOLVE Your Hormone Puzzle - Self-Assessment

Designed by Dr. Amanda Tracy, this assessment will help illuminate any undiagnosed hormone imbalances you may have. Because you can have multiple hormone imbalances at the same time, some symptoms may be listed in multiple sections.

Depleted Estrogen

Please Rate from 0-10 (0 meaning none/never and 10 meaning constant/severe) any symptoms or conditions that you have had in the past 6 months especially. Do not leave any spaces blank.

Night sweats or hot flashes

Trouble sleeping, waking up in the middle of the night

Vaginal dryness, irritation, or loss of feeling

Wrinkles and sun damage to skin are more obvious

Poor memory - you walk into a room and forget what you needed in there or forget your thought mid-sentence

droopy breasts, or breasts lessening in volume

Recent injuries, particularly to wrists, shoulders, lower back, or knees

A leaky or overactive bladder

Bone loss / low bone density

More emotionally fragile, compared to how you felt years ago

Depleted Estrogen Score

Estrogen Dominance

Please Rate from 0-10 (0 meaning none/never and 10 meaning constant/severe) any symptoms or conditions that you have had in the past 6 months especially.

Heavy bleeding with your period (or heavier than your usual)

Painful periods, more cramping, more clotting in your flow

Fibroids or Endometriosis

Mood swings, PMS, depression, or just irritable

Gallbladder problems or gallbladder was removed (past or present))

Periods are lasting longer, you are bleeding for more days pf the month

Rapid weight gain, particularly in the hips and butt

Migraines or other headaches

Weepiness, sometimes over the most ridiculous things

Abnormal Pap smears (past or present)

Estrogen Dominance Score

Depleted Progesterone

Please Rate from 0-10 (0 meaning none/never and 10 meaning constant/severe) any symptoms or conditions that you have had in the past 6 months especially. Do not leave any spaces blank.

PMS - the week or two before your period is the worst

Your have spotting a few days before your period begins

Water retention or feeling bloated before or during your period

Your sleep is easily disrupted; you are a "light sleeper"

Infertility, fertility issues or Have you had a miscarriage in the first trimester?

Your periods are closer together than they used to be

Painful or swollen breasts

Ovarian cysts, endometrial cysts or cystic breasts (currently or in the past)

Increased clumsiness or
poor coordination

Depleted Progesterone Score

Testosterone

Please Rate from 0-10 (0 meaning none/never and 10 meaning constant/severe) any symptoms or conditions that you have had in the past 6 months especially. Do not leave any spaces blank.

Excess hair on your face,
chest, or arms

Acne? especially along
jawline and behind
earlobes

Hyperglycemia or
hypoglycemia and/or
unstable blood sugar

Skin tags, especially on
your neck and upper
torso?

Periods are more than 35
days apart

Emotionally you tend
towards anger and
agitation (even if this
wasn't how you would
have reacted in the past)

Thinning head hair (which
makes you question the
justice of it all if you're also
experiencing excess hair
growth elsewhere)

Greasy skin or hair

Ovarian cysts or have been
diagnosed with PCOS

Cramping mid-cycle (about
10-14 days after your
period)

Too Much Testosterone Score

Cortisol

Please Rate from 0-10 (0 meaning none/never and 10 meaning constant/severe) any symptoms or conditions that you have had in the past 6 months especially. Do not leave any spaces blank.

Low blood pressure OR
when you stand up from
lying down and feel dizzy

Feeling wired yet tired OR
feeling you're constantly
racing from one task to the
next

A struggle calming down
before bedtime, or a second
wind that keeps you up late

A feeling of anxiety or
nervousness—can't stop
worrying about things
beyond your control

Sugar craving or needing to
end a meal with "something
sweet"

Memory lapses or feeling
distracted, especially
under duress

Loss of stamina, particularly
in the afternoon, from 2 – 5
PM

Feeling stressed most of
the time (everything seems
harder than before, and
you have trouble coping)

Insomnia or difficulty staying
asleep, especially between
one and four in the morning

Thyroid issues or have you
been diagnosed with low
thyroid, Hashimoto's or
Graves disease

Cortisol Score

This assessment was created by Dr. Amanda Tracy, ND.

Would you like to book a short free call and discuss your symptoms and how I may help you? **[Click here to book](#)**