FeedForFit HormoneTx
HRT FOR MEN & WOMEN

Hormonal Imbalance
Self-Assessment Quiz

Please fill out these details to the best of your ability and with unbiased honesty.

Name _____ Gender _____ Age _____

Instructions:

For each category below, check the symptoms that apply to you.

- *Scoring >4 points in any category suggests you may have a hormonal imbalance in that area.*
- *Scoring >8 points indicates a more significant imbalance.*
- *It's common to have more than one imbalance. The goal is not perfection, but awareness — so you can start addressing the underlying root causes and move toward balance.*

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HORMONAL IMBALANCE SELF-ASSESSMENT QUIZ

High Estrogen

	0 = Never/Rarely	1 = Sometimes	2 = Frequently
Heavy periods	☐	☐	☐
Painful periods	☐	☐	☐
Short menstrual cycles (<21 days)	☐	☐	☐
Bloating, fluid retention	☐	☐	☐
Breast tenderness, cysts	☐	☐	☐
Mood swings	☐	☐	☐
Menstrual migraines	☐	☐	☐
Uterine fibroids	☐	☐	☐
Endometriosis	☐	☐	☐
Menstrual migraines	☐	☐	☐
Uterine fibroids	☐	☐	☐
Endometriosis	☐	☐	☐
Varicose veins	☐	☐	☐
Gallbladder problems	☐	☐	☐
History of using estrogen-containing birth control in the last 3 months	☐	☐	☐

Total Score for This Section: _____

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HORMONAL IMBALANCE SELF-ASSESSMENT QUIZ

Low Estrogen

	0 = Never/Rarely	1 = Sometimes	2 = Frequently
Irregular or absent periods	☐	☐	☐
Trouble falling asleep, Waking up in the middle of the night	☐	☐	☐
Autoimmune disease	☐	☐	☐
Anxiety, depression	☐	☐	☐
Hot flashes, night sweats	☐	☐	☐
Vaginal dryness	☐	☐	☐
Frequent UTI	☐	☐	☐
Uterine fibroids	☐	☐	☐
Low libido	☐	☐	☐
Weight gain	☐	☐	☐
Brain fog, poor memory	☐	☐	☐
Endometriosis	☐	☐	☐
Migraines	☐	☐	☐
Joint aches or pains	☐	☐	☐
Loss of bone density (osteopenia, osteoporosis, loss of height)	☐	☐	☐
Long menstrual cycles or scant period	☐	☐	☐

Total Score for This Section: _____

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HORMONAL IMBALANCE SELF-ASSESSMENT QUIZ

Low Progesterone

	0 = Never/Rarely	1 = Sometimes	2 = Frequently
Irregular or absent periods	☐	☐	☐
Heavy periods	☐	☐	☐
Insomnia, sleep problems	☐	☐	☐
Anxiety, depression	☐	☐	☐
PMS	☐	☐	☐
Short luteal phase (ovulation to menstruation less than 12 days)	☐	☐	☐
Spotting in the second half of your cycle	☐	☐	☐
Low or no signs of ovulation	☐	☐	☐
Low basal body temperature in luteal phase	☐	☐	☐
Fertility problems	☐	☐	☐
Recurrent miscarriage	☐	☐	☐
Symptoms of excess estrogen	☐	☐	☐
Migraines, Headaches	☐	☐	☐
Endometriosis	☐	☐	☐
Symptoms of excess estrogen (weight gain, low libido, breast tenderness, fibrocystic breasts, fibroids, gallbladder problems)	☐	☐	☐

Total Score for This Section: _____

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HORMONAL IMBALANCE SELF-ASSESSMENT QUIZ

High Testosterone

	0 = Never/Rarely	1 = Sometimes	2 = Frequently
Irregular periods	☐	☐	☐
Skipped periods	☐	☐	☐
Fertility challenges	☐	☐	☐
Hair in unwanted places	☐	☐	☐
Hair loss (head)	☐	☐	☐
Acne	☐	☐	☐
Aggression, irritability	☐	☐	☐
PCOS	☐	☐	☐
High LDL cholesterol	☐	☐	☐
Weight gain	☐	☐	☐

Total Score for This Section: _____

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HORMONAL IMBALANCE SELF-ASSESSMENT QUIZ

Low Testosterone

	0 = Never/Rarely	1 = Sometimes	2 = Frequently
Fatigue, sluggishness	☐	☐	☐
Low motivation	☐	☐	☐
Depression	☐	☐	☐
Muscle weakness or loss of muscle	☐	☐	☐
Hair loss (head)	☐	☐	☐
Sleep disturbances	☐	☐	☐
Low sex drive	☐	☐	☐
Decreased sexual satisfaction, difficulty achieving orgasm	☐	☐	☐
Irregular menstrual cycles	☐	☐	☐
Weight gain	☐	☐	☐

Total Score for This Section: _____

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HORMONAL IMBALANCE SELF-ASSESSMENT QUIZ

High Insulin/Insulin Resistance

	0 = Never/Rarely	1 = Sometimes	2 = Frequently
Irregular or absent periods	☐	☐	☐
Trouble falling asleep, Waking up in the middle of the night	☐	☐	☐
Autoimmune disease	☐	☐	☐
Anxiety, depression	☐	☐	☐
Hot flashes, night sweats	☐	☐	☐
Vaginal dryness	☐	☐	☐
Frequent UTI	☐	☐	☐
Uterine fibroids	☐	☐	☐
Low libido	☐	☐	☐
Weight gain	☐	☐	☐
Brain fog, poor memory	☐	☐	☐
Endometriosis	☐	☐	☐
Migraines	☐	☐	☐
Joint aches or pains	☐	☐	☐
Loss of bone density (osteopenia, osteoporosis, loss of height)	☐	☐	☐
Long menstrual cycles or scant period	☐	☐	☐

Total Score for This Section: _____