Name: Date:

Symptom Group 1	Symptom Group 2
☐ PMS ☐ Early Miscarriage ☐ Unexplained Weight Gain ☐ Anxiety ☐ Insomnia ☐ Painful and/or Lumpy Breasts ☐ Cyclical Headaches ☐ Infertility	☐ Vaginal Dryness ☐ Painful Intercourse ☐ Bladder Infections ☐ Hot Flashes ☐ Nigth Sweats ☐ Memory Problems ☐ Lethargic Depression
Symptom Group 3	**Symptom Group 4**
☐ Puffiness and Bloating ☐ Rapid Weight Gain ☐ Mood Swings ☐ Insomnia ☐ Red Flush on Face ☐ Weepiness ☐ Cervical Dysplasia (Abnormal PAP Smear) ☐ Breast Tenderness ☐ Heavy Bleeding ☐ Migraine Headaches ☐ Foggy Thinking ☐ Gallbladder Problems	☐ Acne ☐ Excessive Hair on Face and Arms ☐ Thinning Hair on the Head ☐ Ovarian Cysts ☐ Polycystic Ovary Syndrome ☐ Hypoglycemia and/or Unstable Blood Pressures ☐ Infertility ☐ Mid-Cycle Pain
Symptom Group 5	**Symptom Group 6**
☐ Debilitating Fatigue ☐ Foggy Thinking ☐ Thin and/or Dry Skin ☐ Brown Spots on Face ☐ Unstable Blood Sugar ☐ Low Blood Pressure ☐ Intolerance to Exercise ☐ "Crashing" in the Afternoon or Evening ☐ Salt Cravings	☐ Feeling tired or sluggish ☐ Feeling cold - hands, feet, all over ☐ Require excessive amounts of sleep to function well ☐ Weight gain despite adhering to a low-calorie diet ☐ Difficult, infrequent bowel movements ☐ Depression and lack of motivation ☐ Morning headaches that wear off as the day progresses ☐ Outer third of eyebrow thins ☐ Thinning of hair on scalp, face, or genitals, or excessive hair loss ☐ Dryness of skin and/or scalp ☐ Mental sluggishness