



Hormone Equilibrium

REBALANCE • RESTORE • REJUVENATE

Day/Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Depression																															
Anxious, nervous, worrying																															
Mood swings, irritable, emotional																															
Poor concentration and memory																															
Poor sleep																															
Night sweats																															
Early wakening																															
Hot flushes																															
Low libido																															
Vaginal dryness																															
Headaches																															
Fatigue																															
Incontinence																															
Hair loss																															
Joint or muscle pain																															
Weight gain																															
Breast swelling, tenderness, pain																															
Digestive problems																															
Fluid retention																															
Food cravings																															
Acne																															
Bleeding																															
Cramps, pelvic pain																															

Prior to your consultation it would be useful if you could fill out some of this diary. For each symptom use a scale from 1 to 3 (mild to severe). You don't need to fill out each day but give a representational overview of your symptoms. Leave those boxes blank that are not relevant to you.