

*MULTIPLE CHOICE*

# HORMONE QUIZ

HOW WELL DO YOU  
KNOW YOUR  
HORMONES?

*MULTIPLE CHOICE*

# HORMONE QUIZ

## HIGH ESTROGEN

- A. PUFFINESS OR BLOATING
- B. IRRITABLE AND/OR MOOD SWINGS
- A. HEAVY AND/OR PAINFUL PERIODS
- B. GAIN WEIGHT QUICKLY, HAVE DIFFICULTY LOSING WEIGHT
- C. HAVE FIBROSIS
- C. CRY OVER NOTHING
- D. MIGRAINES OR OTHER HEADACHES
- D. I HAVE BRAIN FOG
- D. GALLBLADDER PROBLEMS

## LOW ESTROGEN

- A. I AM FRAGILE
- B. I HAVE DIFFICULTY WITH MEMORY
- A. PERIODS ARE FEWER THAN THREE DAYS
- C. HAVE ANXIETY, DEPRESSION, LETHARGY
- B. I HAVE NIGHT SWEATS/ COLD FLASHES
- B. URINARY LEAKAGE
- C. I HAVE RECURRENT BLADDER INFECTIONS
- C. I HAVE DIFFCULTY SLEEPING
- C. ACHY JOINTS
- C. SEX IS PAINFUL/ VAGINAL DRYNESS
- C. NO INTEREST IN SEX

*TOO LITTLE PROGESTERONE*

- A. I EXPERIENCE PMS DAYS BEFORE MY PERIOD
- B. HEADACHES OR MIGRAINS AROUND PERIOD
- C. FREQUENT ANXIETY
- D PAINFUL, HEAVY PERIODS
- A. BREASTS ARE PAINFUL OR SWOLLEN BEFORE PERIOD
- B. AGGITATD, IRRITABLE OR WEEPY BEFORE PERIOD
- C. HAVE HAD A MISCARRIAGE IN FIRST TRIMESTER
- D RESTLESS LEGS, ESPECIALLY AT NIGHT
- D HAVE HAD MORE DIFFICULTY GETTING PREGNANT

*TOO MUCH TESTOESTERONE*

- A. EXCESS HAIR GROWTH ON FACE, CHEST, ABDOMEN
- B. ACNE
- C. OILY SKIN OR HAIR
- D AREAS OF DARKER SKIN
- A. THINNING HAIR ON HEAD
- B. SKIN TAGS
- C. STRUGGLE WITH DEPRESSION
- D DIAGNOSED WITH PCOS
- D HAVE HAD DIFFICULTY GETTING PREGNANT

*TOO MUCH CORTISOL*

- A. VERY STRESSFUL LIFE
- B. I FEEL OVERWHELMED BY STRESS
- C. EXTRA WEIGHT ON MIDSECTION

- A. DIFFICULTY FALLING OR STAYING ASLEEP
- B. TIRED BODY BUT RESTLESS MIND
- C. WAKE UP BETWEEN 2 AND 4AM
- D FEELING EASILY DISTRACTED WHEN UNDER STRESS
- D EASILY GET ANGRY
- D HIGH BLOOD PRESSURE
- D ELEVATED BLOOD SUGAR OR DIABETES

*TOO LITTLE TESTOSTERONE*

- A. LOW LIBIDO/ SEX DRIVE
- B. STRUGGLE WITH DEPRESSION OR MOOD SWINGS
- D NO MOTIVATION
- C. TIRED OR FATIGUED THROUGHOUT DAY
- A. UNABLE TO GAIN MUSCLE
- B. DECREASE BONE DENSITY
- C. URINARY INCONTINENCE
- D CARDIOVASCULAR SYMPTOMS/ HEART DISEASE
- D WEIGHT GAIN
- D HIGH ANXIETY OR PANIC ATTACKS

*TOO LITTLE THYROID HORMONE*

- A. BRAIN FOG
- B. LOSING HAIR
- D HAIR IS DRY OR TANGLES EASILY
- C. CONSTANT CONSTIPATION

- A. CONSTANTLY COLD
  - B. PERIODS ARE SPORADIC OR MORE THAN 35 DAYS APART
  - D. JOINT OR MUSCLE PAIN
  - C. DRY SKIN
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- A. DIFFICULTY GETTING PREGNANT
  - B. LOW MOOD OR STRUGGLE WITH DEPRESSION
  - D. TIRED ALL THE TIME
  - C. RECURRENT HEADACHES
  - C. HIGH CHOLESTEROL

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## ANSWER KEY- INSIGHTS

IF YOU CHECKED OFF FIVE OR MORE OF THE FOLLOWING IN ANY CATEGORY, THIS COULD LIKELY BE A PROBLEM FOR YOU!

THIS QUIZ IS MADE SPECIFICALLY FOR WOMEN, AND INSPIRED LARGELY FROM THE BOOK "30-DAY GUT RESET," OUTLINING HOW TO RESET YOUR BODY COMING OFF OF HORMONAL BIRTH CONTROL. THE FEMALE BODY HAS SO MANY COMPLEX MOVING PARTS, AND HORMONES PLAY A MAJOR ROLE IN THIS. WHETHER YOU ARE JUST CURIOUS ABOUT YOUR HORMONES, OR ARE LOOKING TO CONCEIVE, REACH OUT TO ME ONLINE @ KAITLYNSMITHDOULA.COM, TO SCHEDULE AN APPOINTMENT TO TALK ABOUT YOUR QUIZ AND NEXT STEPS BASED ON YOUR UNIQUE SITUATION!