

BODY FEEDBACK™

with essential oils

Cycling Woman's Hormone Assessment

Name:

Today's Date:

Age:

0 = never

1 = sometimes

2 = most of the time

3 = all of the time

Please circle symptoms 0 --- 3

0 1 2 3

Category One

Frustration or irritability 0 1 2 3
Headaches with period or at ovulation 0 1 2 3
Period sometimes early and sometimes late 0 1 2 3
Feeling sick or flu--like with period 0 1 2 3
Moderate or severe menstrual cramps 0 1 2 3
Endometriosis or fibroids 0 1 2 3
Breast tenderness anytime of cycle 0 1 2 3
Acne throughout cycle 0 1 2 3
Poor response to birth control 0 1 2 3

Category Two

Headaches after period stops 0 1 2 3
Feeling more emotional after period 0 1 2 3
Minimal cervical fluid with ovulation 0 1 2 3
Vaginal dryness or needing lubricants 0 1 2 3
Smaller breasts and low body weight 0 1 2 3
Consistently late or early ovulation 0 1 2 3
Wrinkles and crows feet at before age 40 0 1 2 3
Early signs of menopause 0 1 2 3
Hot flashes or night sweats after period 0 1 2 3

Category Three

Mood swings prior to ovulation 0 1 2 3
Breast tenderness prior to ovulation 0 1 2 3
Endometriosis or fibroids 0 1 2 3
Ovulating late (day 16 or later) 0 1 2 3
Spotting for 3 or more days at end of period 0 1 2 3
Cervical fluid more than 3 days at ovulation 0 1 2 3
Heavy menstrual cycles 0 1 2 3
Moderate cramping for 3 or more days 0 1 2 3
Clotting with menstrual cycle 0 1 2 3

Category Four

Headaches or migraines after ovulation 0 1 2 3
From ovulation to period under 14 days 0 1 2 3
Eye twitching after ovulation 0 1 2 3
Unclear when ovulating 0 1 2 3
Breast tenderness prior to period 0 1 2 3
Spotting prior to period 0 1 2 3
Hot flashes or night sweats prior to period 0 1 2 3
Problems falling asleep prior to period 0 1 2 3
Depression or mood swings after ovulation 0 1 2 3

Category Five

Irritability relieved with period 0 1 2 3
Poor response to birth control 0 1 2 3
Ovulation to period more than 14 days 0 1 2 3
Running on warmer side after ovulation 0 1 2 3
Weight gain around the middle 0 1 2 3
Severe anxiety at night after ovulation 0 1 2 3
Severe insomnia after ovulation 0 1 2 3
Increased appetite after ovulation 0 1 2 3
Morning sickness without pregnancy 0 1 2 3

Category Six

Depression or lack of motivation all cycle 0 1 2 3
Vaginal weakness or pain with intercourse 0 1 2 3
Low libido or sex drive 0 1 2 3
Sagging breast tissue 0 1 2 3
No desire for sex for physical activity 0 1 2 3
Chronic low energy 0 1 2 3
Muscle weakness after exercise 0 1 2 3
General aches and pains 0 1 2 3
Difficulty maintaining muscle tone 0 1 2 3

Category Seven

Hot tempered or easily irritated 0 1 2 3
Polycystic Ovarian Syndrome 0 1 2 3
Menstrual cycles over 60 days 0 1 2 3
Thinning hair on head or pubic area 0 1 2 3
Diabetes or insulin resistance 0 1 2 3
Deeper voice or male characteristics 0 1 2 3
History of ovarian cysts 0 1 2 3
Excessive facial and abdominal hair 0 1 2 3
Acne or oily skin worse after ovulation 0 1 2 3