Hormone Balance Self-Assessment

Hormones influence nearly every system in the body — from energy levels and mood to sleep, metabolism, and menstrual cycles. When hormones shift or become imbalanced, the changes may show up in subtle ways that are easy to overlook. This self-assessment offers a simple way to check in with how you've been feeling and identify symptoms that may be worth exploring further with your healthcare provider.

**Using a scale of 1–10, rate each item according to what best reflects your current experience (1 = lowest, 10 = best).*

How stable are your **energy levels throughout the day**?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

How consistent and restorative is your **sleep**?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

How stable does your **mood and emotional balance** feel?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

How manageable are **headaches, migraines, or body tension**?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

How predictable are your **menstrual cycles** (if applicable)?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

How well does your **digestion and bloating** feel regulated?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

How comfortable does your **skin and hair health** feel?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

How strong does your **focus and mental clarity** feel?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

How balanced does your **appetite and cravings** feel?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

How much are your symptoms **impacting your quality of life**?

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Additional observations or details you'd like to keep in mind:

This self-assessment is designed to support personal reflection and informed conversations with your healthcare provider. It is not intended to diagnose or treat any medical condition. For medical advice, diagnosis, or treatment, please consult a licensed healthcare professional. For personal use only.

stay connected to the

COLLECTIVE



Created by women, for women.

Stay connected to trusted health education, meaningful events, local provider resources, and thoughtfully curated content designed to support you at every stage.

You belong here.