

Hormone Intake Form

Name _____

Date of birth ____/____/____ Age _____

Street Address

City _____

State _____ Zip _____

Phone _____

Email address _____

Marital Status _____

General

Height _____

Weight _____

Supplements/Vitamins

Are you taking any of the following:

- Multi-Vitamin (Brand: _____)
- Fish oil (Brand: _____)
- Antioxidants
- Royal Jelly/Propolis
- Additional Folic Acid
- Others:

Please mark if you experience any of the following symptoms

1 - rarely, 2 - monthly, 3 - weekly, 4 - daily

If you do not experience a symptom, leave the space blank

1 2 3 4

Thyroid	○○○○	I gain weight easily and cannot lose it
	○○○○	My hair is dry and thinning
	○○○○	I am more tired than I should be throughout the day
	○○○○	I am sometimes depressed for no specific reason
	○○○○	I get cold more easily than others
	○○○○	I tend to have bouts of constipation or bowel irregularity
Adrenal	○○○○	My sleep is inconsistent
	○○○○	I crave sugar and or salt
	○○○○	I am more tired than I should be at certain times during the day
	○○○○	I am more tired after exercise and struggle to recover
	○○○○	I am prone to anxiety or overwhelm
	○○○○	I feel dizzy if I stand up too quickly
Gastrointestinal Symptoms	○○○○	I have gas and/or bloating
	○○○○	My bowels are irregular
	○○○○	I cannot digest common foods very well
	○○○○	I often have painful joints
	○○○○	I feel nauseous at random times
	○○○○	Certain foods upset my stomach
Detox	○○○○	I get colds and flus easily
	○○○○	I often sneeze when around strong odors
	○○○○	I am prone to headaches / migraines
	○○○○	I am sensitive to many supplements and/or medications
	○○○○	I get tremors or twitches
	○○○○	I have memory loss, foggy thinking or mood changes
Male/Female Hormones	○○○○	I get hot flashes and/or night sweats
	○○○○	My libido is poor
	○○○○	My skin is thinning or sagging
	○○○○	I have a hard time growing or maintaining muscle easily
	○○○○	I am edgy or irritable
	○○○○	I do not tolerate stress well
		<u>MEN</u>
	○○○○	I have erectile dysfunction
		<u>WOMEN</u>
	○○○○	I am prone to PMS symptoms
	○○○○	My menstrual cycles are irregular
		TOTALS
Thyroid		
Adrenal		
Gastrointestinal Symptoms		
Detox		
Male/Female Hormones		