

## SYMPTOM TRACKING & RATING

Tracking your symptoms is so important and is a vital part of you truly understanding your progress in this program. I recommend you do this at the beginning, after 4 weeks, 8 weeks and at the end of the 12 weeks of the program.

You may be amazed by how many symptoms you've learned to live with. In the coming weeks, this tracker will become your proof that your hormones are balancing and many of your symptoms are actually improving in their severity and likely resolving all-together.

Rate each category of symptoms below from 1 to 5. A score of 1 means that the symptom is a non-issue, while 5 means it's a consistent or severe problem. We've also left a few empty lines for you to fill out your own symptoms that may not be covered here (pay attention to those you listed on the Hormone Imbalance Profile).

<b>Low energy</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Sugar and carb cravings</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Mood swings, anxiety of depression</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Poor sleep</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Gas and bloating</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Heavy or painful periods</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Hot flashes/ Night Sweats</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>My ability to handle stress</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<hr/>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<hr/>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>