



— YOUR HORMONE —

# REBALANCING

*journal*

YOUR HORMONE

# REBALANCING JOURNAL



## SYMPTOM CHECKLIST

## Get to the Root of Hormonal Symptoms!

Before you start the journal exercises ahead, it's important to get familiar with the common signs of hormone imbalance, so you can flag symptoms in the moment, test and detect underlying imbalances, and take steps to find relief, naturally!

### CLASSIC SYMPTOMS ASSOCIATED WITH HORMONAL IMBALANCE:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> PMS / Mood Swings          | <input type="checkbox"/> Can't Lose Weight                   | <input type="checkbox"/> Bone Loss                       |
| <input type="checkbox"/> Hot Flashes                | <input type="checkbox"/> Increased Belly Fat                 | <input type="checkbox"/> Heart Palpitations              |
| <input type="checkbox"/> Night Sweats               | <input type="checkbox"/> Weight Gain Hips/Thighs/Butt        | <input type="checkbox"/> High Stress                     |
| <input type="checkbox"/> Fatigue / Low Energy       | <input type="checkbox"/> Absent / Irregular Periods          | <input type="checkbox"/> Cold Sensitivity                |
| <input type="checkbox"/> Headaches /Migraines       | <input type="checkbox"/> Heavy / Painful Periods             | <input type="checkbox"/> Sugar/Salt Cravings             |
| <input type="checkbox"/> Depression                 | <input type="checkbox"/> Lazy Bladder / Incontinence         | <input type="checkbox"/> Increased Body / Facial Hair    |
| <input type="checkbox"/> Anxiety                    | <input type="checkbox"/> Fibrocystic / Tender Breasts        | <input type="checkbox"/> Dry / Thinning Hair / Hair Loss |
| <input type="checkbox"/> Irritability               | <input type="checkbox"/> Decreased Strength / Stamina        | <input type="checkbox"/> Acne / Oily Skin                |
| <input type="checkbox"/> Tearful / Overly Sensitive | <input type="checkbox"/> Uterine Fibroids                    | <input type="checkbox"/> Dry / Wrinkling Skin            |
| <input type="checkbox"/> Memory Lapses              | <input type="checkbox"/> Bloating / Water Retention / IBS    | <input type="checkbox"/> Aches & Pains / Sore Muscles    |
| <input type="checkbox"/> Decreased Libido           | <input type="checkbox"/> Difficulty Falling / Staying Asleep | <input type="checkbox"/> Fibromyalgia                    |
| <input type="checkbox"/> Vaginal Dryness            | <input type="checkbox"/> Brain Fog / Can't Focus             | <input type="checkbox"/> Nails Breaking / Brittle        |

Hormones rule our physical, mental and emotional functions, regulating mood, memory, mental and physical energy, libido, competitive drive, ability to reproduce and maintain strong immune defenses against disease! Symptoms may appear regularly or occasionally (*at certain times of month / related to stress, etc.*) and can range from mild to severe.

### THE FOLLOWING CONDITIONS / DISORDERS ARE ALSO ASSOCIATED WITH HORMONE IMBALANCE:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Polycystic Ovary Syndrome (PCOS)   | <input type="checkbox"/> Infertility                | <input type="checkbox"/> Hyperthyroidism / Graves   |
| <input type="checkbox"/> Insulin resistance / Diabetes /    | <input type="checkbox"/> Fibroids                   | <input type="checkbox"/> Hypothyroidism/Hashimoto's |
| <input type="checkbox"/> Metabolic Syndrome                 | <input type="checkbox"/> Luteal Phase Insufficiency | <input type="checkbox"/> Cushing's Syndrome         |
| <input type="checkbox"/> Breast / Ovarian / Uterine cancers | <input type="checkbox"/> Amenorrhea                 | <input type="checkbox"/> Addison's Disease          |
| <input type="checkbox"/> Breast / Ovarian Cysts             | <input type="checkbox"/> PMDD / Dysmenorrhea        | <input type="checkbox"/> Osteopenia /Osteoporosis   |
| <input type="checkbox"/> Endometriosis                      | <input type="checkbox"/> Cardiovascular Disease     | <input type="checkbox"/> Chronic Fatigue Syndrome   |

*Note: natural rebalancing approaches can go a long way towards preventing hormone related medical conditions and cancers, in addition to helping relieve associated symptoms. It is always advised for those with a diagnosed hormonal condition to work with a medical professional (ideally an integrative or functional medicine doctor, schooled in natural approaches to rebalance hormones for risk reduction / disease prevention)*

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REBALANCING GOALS + INTENTIONS

1. What is my motivation for learning about hormones / prioritizing my hormonal health?

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2. What are the top hormone related symptoms I'm seeking relief from?

1 _____	4 _____
2 _____	5 _____
3 _____	6 _____


3. What are 1-2 improvements I'd like to make in each of these areas?


 nutrition \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 energy | clarity | mood \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 movement \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 stress management \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 sleep \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 relationships \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. How would it feel to experience relief from symptoms (physically, mentally, emotionally)  
*\*visualization exercise – get specific!*

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# YOUR HORMONE REBALANCING JOURNAL





WEEKLY JOURNAL PROMPTS


## PROJECTION | REFLECTION

1. How am I feeling in each of these areas? (List one thing that could be improved, then describe 1 small step you can take to progress / create positive change in each area).


 nutrition \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 energy | clarity | mood \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 movement \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 stress management \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 sleep \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 relationships \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Of the top symptoms I initially listed, the following have improved:

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

3. These are the top symptoms I'm still seeking relief from:

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_

4. How am I feeling since testing and/or focusing on my hormone health? (Circle one of the following): GOOD | BETTER | WORSE || *Explain:*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What challenges did I face this week or last?

① \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

② \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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MONTHLY PROGRESS REPORT

REFLECTION

1. What positive changes did I make over the last month? (List any symptoms that may have improved!). It's SO important to celebrate every win!

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2. What challenges did I overcome last month? (ex: chocolate cravings, making regular time for walks, prepping balanced meals for lunch etc.)

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3. What supplements/herbs am I currently using or considering?


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4. What are my goals for the following areas of my life? What is one small change I can make next month to get closer to each goal?


 nutrition \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 energy | clarity | mood \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 movement \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 stress management \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 sleep \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

 relationships \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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## WE ENCOURAGE YOU TO:

Cultivate the habit of regularly checking in with yourself and journaling how you're feeling *and how you want to feel!* Commit to managing your stress (*self care whenever possible*), focus on balanced nutrition, movement you love and rituals that bring JOY.

- ✓ Check out our **[hormone testing & rebalancing packages](#)** to get to the root of your symptoms today!
- ✓ Follow [@yourhormonebalance](#) for hormone health education.
- ✓ Email [info@yourhormonebalance.com](mailto:info@yourhormonebalance.com) with any questions
- ✓ Sign up for our newsletter [HERE](#).

