



## **FEMALE** **SYMPTOM CHECKLIST**

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Which of the following symptoms apply to you at this time? Please mark the appropriate one for each symptom.

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|--|---|---|
| <input type="checkbox"/> Hot flashes, sweating | <input type="checkbox"/> Lack of motivation       | <input type="checkbox"/> Sleeping problems        |
| <input type="checkbox"/> Night sweats          | <input type="checkbox"/> Difficulty concentrating | <input type="checkbox"/> Migraines                |
| <input type="checkbox"/> Depression            | <input type="checkbox"/> Foggy thinking           | <input type="checkbox"/> Cold body temperature    |
| <input type="checkbox"/> Irritability          | <input type="checkbox"/> Mood swings              | <input type="checkbox"/> Difficulty losing weight |
| <input type="checkbox"/> Anxiety               | <input type="checkbox"/> Decreased sexual desire  | <input type="checkbox"/> Reduced muscle mass      |
| <input type="checkbox"/> Decreased energy      | <input type="checkbox"/> Vaginal dryness          | <input type="checkbox"/> Reduced bone mass        |
| <input type="checkbox"/> Burned out feeling    | <input type="checkbox"/> Pain with intercourse    | <input type="checkbox"/> Blood sugar issues       |
| <input type="checkbox"/> Decreased stamina     | <input type="checkbox"/> Irregular menstruation   | <input type="checkbox"/> Infertility issues       |
| <input type="checkbox"/> Muscle or joint pain  | <input type="checkbox"/> Urine leakage            |   |

Do you have any other major symptoms? If yes, please describe:

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