INNER MEADOW HORMONAL QUIZ

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Hormornal Health Coaching

Is your body trying to tell you something?

This quiz is designed for women over 35 to help identify symptoms linked to hormonal imbalances such as oestrogen dominance, low progesterone, adrenal fatigue, or thyroid issues.

Instructions:
Check all that apply. Be honest — your body will thank you.

Which, if any, of the following statements applies to you?

ENERGY AND MOOD

- [ ] I feel tired even after a full night's sleep.
- [ ] I feel more anxious, irritable, or overwhelmed than usual.
- [ ] I've lost interest in things I used to enjoy.
- [ ] I get an afternoon energy crash or need caffeine to function.
- [ ] I experience mood swings or low motivation.

CYCLE AND HORMORNAL CYCLE

- [ ] I experience hot flashes or night sweats.
- [ ] I experience mid-cycle spotting or skipped periods.
- [ ] I have worsening PMS (bloating, breast tenderness, cravings, headaches)
- [ ] I'm in perimenopause or menopause and unsure what's "normal."
- [ ] My periods are irregular, heavier/lighter than before, or have changed recently.

WEIGHT & DIGESTION

- [ ] It's harder to lose weight now, no matter what I try.
- [ ] I crave sugar, salt, or carbs — especially in the evening.
- [ ] My metabolism feels slower than it used to.
- [ ] I feel bloated or have digestive issues like gas or constipation.
- [ ] I've gained weight, especially around my belly, despite not changing my diet.

SLEEP & LIBIDO

- [ ] I have trouble falling or staying asleep.
- [ ] I feel wired but tired at bedtime.
- [ ] Intimacy feels more uncomfortable or less enjoyable.
- [ ] I wake up between 2–4 AM regularly.
- [ ] My libido has significantly decreased.

BRAIN & SKIN

- [ ] I feel foggy or forgetful — not as sharp as I used to be.
- [ ] I struggle with focus or feel mentally "sluggish."
- [ ] My skin is drier, duller, or breaking out unexpectedly.
- [ ] My nails are more brittle.
- [ ] My hair is thinning or shedding more than usual.

Your Results:

0–5 checked: Your hormones might be in good shape! A few tweaks can help you stay balanced.

6–12 checked: Your body is likely experiencing some hormonal shifts. This is a great time to get support before symptoms worsen.

13+ checked: Your hormones may be significantly out of balance.

You don't have to figure it out alone. Let's talk

🌸 **Ready for Clarity?**
Book your free **Hormone Clarity Call** and let's discuss your results together
innermeadow.coaching@gmail.com