

Slim and Sexy Mums Club

HORMONE MASTERY CHECKLIST



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Slim and Sexy Mums Club

SYMPTOMS OF LOW ESTROGEN

Please put a check on the symptoms that applies to you.

- Hot sweats
- Infertility
- Low Libido
- Vaginal dryness
- Irregular or absence of periods
- Low bone density
- Mood swings
- Recurrent urinary tract infections
- Unexplained weight gain

TOTAL

After ticking off the list, please tally up the total.



Need more insight & support?

Feel free to email my team at support@teressatodd.com or you may send me a message at the [Slim and Sexy Mums Member's FB Group](#).

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SYMPTOMS OF HIGH ESTROGEN

Please put a check on the symptoms that applies to you.

- Heavy Periods/ clots
- Longer than usual period
- Headaches/Migraines
- Low libido
- Fatigue
- Brain Fog
- Mood swings
- Insomnia
- Anxiety / Depression
- Breast tenderness/breast
- Unexplained weight gain

TOTAL

After ticking off the list, please tally up the total.



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SYMPTOMS OF LOW PROGESTERONE

Please put a check on the symptoms that applies to you.

- Low mood
- Depression
- Anxiety
- Unexplained weight gain
- Difficulty losing weight
- Inability to conceive
- Fluid retention
- Fatigue
- Poor thyroid function

TOTAL

After ticking off the list, please tally up the total.



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SYMPTOMS OF HIGH TESTOSTERONE

Please put a check on the symptoms that applies to you.

- Absence of periods
- Excess body hair
- Facial hair
- Acne
- Hair loss around hair line
- Loss of feminine curve
- Weight changes
- PCOS

TOTAL

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