



RADIANT HEALTH AND WELLNESS

HORMONE QUIZ

HORMONE IMBALANCE QUIZ

Hormones can feel confusing, but this quiz is a simple place to start.

If you don't quite feel normal but aren't sure what's going on with your hormones, this quiz can help guide you.

- For each symptom you are experiencing, draw a checkmark on the box provided
- Each checkmark = 1 point
- Add up your total within each hormone section

How to Interpret Your Score

After totaling each section, compare your score to the ranges listed below each hormone category:

- **Stage 1 – Low:** This hormone imbalance is unlikely to be the cause of your symptoms
- **Stage 2 – Moderate:** This hormone imbalance may be contributing to how you feel and may improve with lifestyle changes
- **Stage 3 – High:** This hormone imbalance is likely a significant contributor. Lifestyle changes are important, but additional support from a qualified healthcare practitioner may be helpful

Each hormone category is scored independently.



LOW PROGESTERONE

PMS	<input type="checkbox"/>
Early miscarriage	<input type="checkbox"/>
Unexplained weight gain	<input type="checkbox"/>
Anxiety	<input type="checkbox"/>
Insomnia	<input type="checkbox"/>
Painful and/or lumpy breasts	<input type="checkbox"/>
Cyclical headaches	<input type="checkbox"/>
More irritable	<input type="checkbox"/>
Heavy bleeding	<input type="checkbox"/>
Infertility	<input type="checkbox"/>
Night sweats	<input type="checkbox"/>
Headaches with periods	<input type="checkbox"/>
Mood swings	<input type="checkbox"/>
Irregular periods	<input type="checkbox"/>
TOTAL SCORE	<input type="checkbox"/>



RESULT GUIDE:

- **(Low): 0–4:** This hormone imbalance is unlikely to be the cause of your symptoms
- **(Moderate): 5–7:** This hormone imbalance may be contributing to how you feel and may improve with lifestyle changes
- **(High): 8–14:** This hormone imbalance is likely a significant contributor. Lifestyle changes are important, but additional support from a qualified healthcare practitioner may be helpful

HIGH TESTOSTERONE

Acne	<input type="checkbox"/>
Excessive hair on the face & arms	<input type="checkbox"/>
Thinning hair on the head	<input type="checkbox"/>
Ovarian cysts	<input type="checkbox"/>
Hypoglycemia and/or unstable blood sugar	<input type="checkbox"/>
Infertility	<input type="checkbox"/>
Mid-cycle pain	<input type="checkbox"/>
Oily skin	<input type="checkbox"/>
Oily hair	<input type="checkbox"/>
Body odor	<input type="checkbox"/>
Anger issues	<input type="checkbox"/>
Salt / Sugar cravings	<input type="checkbox"/>
Easily perspire	<input type="checkbox"/>
Irregular periods	<input type="checkbox"/>
TOTAL SCORE	



RESULT GUIDE:

- **(Low): 0–4:** This hormone imbalance is unlikely to be the cause of your symptoms
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LOW ESTROGEN

Vaginal dryness	<input type="checkbox"/>
Bladder infections	<input type="checkbox"/>
Painful intercourse	<input type="checkbox"/>
Hot flashes	<input type="checkbox"/>
Night sweats	<input type="checkbox"/>
Memory problems	<input type="checkbox"/>
Lethargic depression	<input type="checkbox"/>
Frequent urination	<input type="checkbox"/>
Weight gain	<input type="checkbox"/>
More tired	<input type="checkbox"/>
Dry scratchy skin	<input type="checkbox"/>
Dry eyes	<input type="checkbox"/>
infrequent light periods	<input type="checkbox"/>
Increased facial hair	<input type="checkbox"/>
TOTAL SCORE	



RESULT GUIDE:

- **(Low): 0–4:** This hormone imbalance is unlikely to be the cause of your symptoms
- **(Moderate): 5–7:** This hormone imbalance may be contributing to how you feel and may improve with lifestyle changes
- **(High): 8–14:** This hormone imbalance is likely a significant contributor. Lifestyle changes are important, but additional support from a qualified healthcare practitioner may be helpful

LOW ANDROGEN

Lack of interest in sex	<input type="checkbox"/>
Lack of motivation	<input type="checkbox"/>
Less confident	<input type="checkbox"/>
Less competitive drive	<input type="checkbox"/>
Loss of muscle tone	<input type="checkbox"/>
Vaginal dryness	<input type="checkbox"/>
Painful intercourse	<input type="checkbox"/>
Urinary leakage	<input type="checkbox"/>
Decisions are tough	<input type="checkbox"/>
Saggy skin	<input type="checkbox"/>
Tired	<input type="checkbox"/>
Depressed	<input type="checkbox"/>
TOTAL SCORE	



RESULT GUIDE:

- **(Low): 0-4:** This hormone imbalance is unlikely to be the cause of your symptoms
- **(Moderate): 5-7:** This hormone imbalance may be contributing to how you feel and may improve with lifestyle changes
- **(High): 8-12:** This hormone imbalance is likely a significant contributor. Lifestyle changes are important, but additional support from a qualified healthcare practitioner may be helpful

HIGH ESTROGEN

Puffiness and fluid retention	<input type="checkbox"/>
Rapid weight gain	<input type="checkbox"/>
Mood swings	<input type="checkbox"/>
Anxious depression	<input type="checkbox"/>
Insomnia	<input type="checkbox"/>
Red flush on face	<input type="checkbox"/>
Weepiness	<input type="checkbox"/>
Breast tenderness	<input type="checkbox"/>
Heavy bleeding	<input type="checkbox"/>
Migraine headaches	<input type="checkbox"/>
Foggy thinking	<input type="checkbox"/>
Bloating	<input type="checkbox"/>
TOTAL SCORE	



RESULT GUIDE:

- **(Low): 0-4:** This hormone imbalance is unlikely to be the cause of your symptoms
- **(Moderate): 5-7:** This hormone imbalance may be contributing to how you feel and may improve with lifestyle changes
- **(High): 8-12:** This hormone imbalance is likely a significant contributor. Lifestyle changes are important, but additional support from a qualified healthcare practitioner may be helpful

LOW THYROID

Hoarse voice	<input type="checkbox"/>
Low blood pressure	<input type="checkbox"/>
Difficulty forming thoughts	<input type="checkbox"/>
Often tired	<input type="checkbox"/>
Insomnia	<input type="checkbox"/>
Joint pain	<input type="checkbox"/>
Pasty and pale skin	<input type="checkbox"/>
Slow pulse rate	<input type="checkbox"/>
Periods of depression	<input type="checkbox"/>
High cholesterol	<input type="checkbox"/>
Cold hands and feet	<input type="checkbox"/>
Muscle aches	<input type="checkbox"/>
Sleep apnea	<input type="checkbox"/>
Difficult to lose weight	<input type="checkbox"/>
Scalp hair loss	<input type="checkbox"/>



...LOW THYROID

Dry skin	<input type="checkbox"/>
Itchy skin in the winter	<input type="checkbox"/>
Recurrent headaches	<input type="checkbox"/>
Tongue enlarged	<input type="checkbox"/>
Temperature below 98.6°F	<input type="checkbox"/>
Reduced body hair	<input type="checkbox"/>
Puffy Face	<input type="checkbox"/>
Eyelids swollen	<input type="checkbox"/>
Constipation	<input type="checkbox"/>
Cold sensitive	<input type="checkbox"/>
Non restful sleep	<input type="checkbox"/>
Infertility or miscarriages	<input type="checkbox"/>
Tired in the afternoon?	<input type="checkbox"/>
Fluid retention	<input type="checkbox"/>
Tingling in your hands and feet	<input type="checkbox"/>



...LOW THYROID

Eyebrows and eyelashes thinning

☐

Sweat less than you used to

☐

More susceptible to infection

☐

TOTAL SCORE

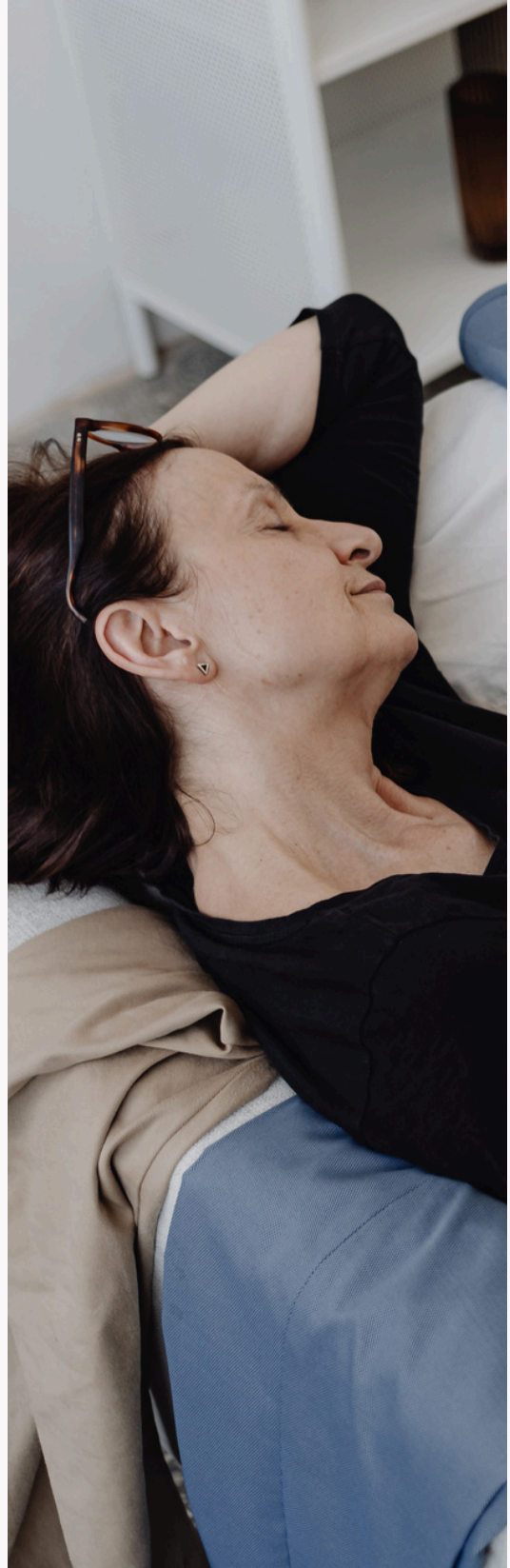
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RESULT GUIDE:

- **(Low): 0-5:** This hormone imbalance is unlikely to be the cause of your symptoms
- **(Moderate): 6-15:** This hormone imbalance may be contributing to how you feel and may improve with lifestyle changes
- **(High): 16-33:** This hormone imbalance is likely a significant contributor. Lifestyle changes are important, but additional support from a qualified healthcare practitioner may be helpful

STRESS / CORTISOL IMBALANCE

Hard time waking in the morning	<input type="checkbox"/>
Drop in energy in the late afternoon	<input type="checkbox"/>
Hair loss	<input type="checkbox"/>
Low blood pressure	<input type="checkbox"/>
Feel like passing out when stand up quickly	<input type="checkbox"/>
Recurrent infections	<input type="checkbox"/>
Emotional stress	<input type="checkbox"/>
Loss of sex drive	<input type="checkbox"/>
Sensitive to light	<input type="checkbox"/>
Sensitive to noise	<input type="checkbox"/>
Panic attacks	<input type="checkbox"/>
Crave salt	<input type="checkbox"/>
Need caffeine to make it through the day	<input type="checkbox"/>
Crave Sugar	<input type="checkbox"/>



...STRESS / CORTISOL IMBALANCE

No longer enjoy things you used to enjoy

More difficulty coping with stress

Feel tired after exercising

TOTAL SCORE

RESULT GUIDE:

- **(Low): 0-4:** This hormone imbalance is unlikely to be the cause of your symptoms
- **(Moderate): 5-7:** This hormone imbalance may be contributing to how you feel and may improve with lifestyle changes
- **(High): 8-17:** This hormone imbalance is likely a significant contributor. Lifestyle changes are important, but additional support from a qualified healthcare practitioner may be helpful



CONGRATULATIONS

ON COMPLETING THE HORMONE IMBALANCE QUIZ!

Here's how to understand your results:

- Review the total score for each hormone category.
- Each category is staged independently:
 - Stage 1 (Low): Unlikely contributor
 - Stage 2 (Moderate): Possible contributor; may improve with lifestyle changes
 - Stage 3 (High): Likely significant contributor; lifestyle changes and professional guidance recommended
- Focus first on categories where you scored Stage 3, followed by Stage 2.

Next Steps:

- Lifestyle Support: Nutrition, sleep, stress management, and exercise may improve moderate symptoms.
- Professional Guidance: If you have high-stage results or persistent symptoms, consider consulting a healthcare practitioner experienced in natural hormone balancing.

Remember: You deserve to feel like yourself again. These results are a guide to help you take action — not a diagnosis.