

Check In

BE THOUGHTFUL, OPEN AND REFLECTIVE OF YOUR WEEK. TAKE YOUR TIME, DO NOT RUSH

STRESS & SLEEP

How did you handle stress this week?

Anything stressing you out?

How many hours a night did you average over last 7 days?

How is the quality of your sleep?

DIGESTION

How was bloating and gas?

Did you have a daily BM? If not, how many days out of 7?

What number on the Bristol Stool Chart?

CYCLE/MENOPAUSE

Any PMS symptoms this week? Are the symptoms inhibiting daily life?

How many days in between your last cycle? Heavy or light? Painful?

If in menopause, what are your symptoms? Night sweats? Moodiness?

MOOD AND ENERGY

How would you rate your mood over last 7 days?

How would you rate your energy over last 7 days?

What would you like to see improve in this category?

LIBIDO & CRAVINGS

How is your sex drive? If it's low, is it low because there is no drive or because of being tired?

Any hunger? Cravings? When do cravings or hunger seem to be the worst?