

Fertility Data

BLOOD TEST RESULTS:

E2 (Serum levels of Estradiol):
P (Serum levels of Progesterone):
T (Serum levels of Testosterone):
PRL:
LH Levels:
FSH Levels:

Pelvic Exam (OBGYN)

Uterus:	Normal	Abnormal
Ovaries:	Normal	Abnormal

Western Medicine Diagnosis:

Have you been diagnosed with: PCOS Endometriosis Anemia

Are you depleted in any of the following (Please circle if applies to you):

Vitamin D DHEA

CHANGES IN THE AUREOLA OF THE BREAST

From Day 1 to Day 14 of your cycle are your nipples small or large?

From Day 14 to Day 28 of your cycle are your nipples larger than before?

BONE DENSITY

Have you done a Bone Density Scan recently? Yes No

Any bone density loss?

LIFESTYLE

How would you rate your stress level (in a scale from 1-10 where 1 = low stress):

Please check the ones that apply to you:

Flow Spotting Light Moderate Heavy

Color of clots:

Clot size:

Frontal Cramps:

Backache:

Any other symptoms:

Day 2:

Color of Blood: Circle one

Bright Red Red Dark Red Brown Pinkish

Flow Spotting Light Moderate Heavy

Color of clots:

Clot size:

Frontal Cramps:

Backache:

Any other symptoms:

Day 3:

Color of Blood: Circle one

Bright Red Red Dark Red Brown Pinkish

Flow Spotting Light Moderate Heavy

Color of clots:

Clot size:

Frontal Cramps:

Backache:

Any other symptoms:

Day 4:

Color of Blood: Circle one

Bright Red	Red	Dark Red	Brown	Pinkish
Flow	Spotting	Light	Moderate	Heavy

Color of clots:

Clot size:

Frontal Cramps:

Backache:

Any other symptoms:

Day 5:

Color of Blood: Circle one

Bright Red	Red	Dark Red	Brown	Pinkish
Flow	Spotting	Light	Moderate	Heavy

Color of clots:

Clot size:

Frontal Cramps:

Backache:

Any other symptoms:

Day 6:

Color of Blood: Circle one

Bright Red	Red	Dark Red	Brown	Pinkish
Flow	Spotting	Light	Moderate	Heavy

Color of clots:

Clot size:

Frontal Cramps:

Backache:

Any other symptoms:

Day 7:

Color of Blood: Circle one

Bright Red	Red	Dark Red	Brown	Pinkish
Flow	Spotting	Light	Moderate	Heavy

Color of clots:

Clot size:

Frontal Cramps:

Backache:

Any other symptoms: