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:NormalAbnormalOvaries:NormalAbnormal

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?

<u>LIFESTYLE</u>

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:

Alcohol	Marijuana	Coffee	D	rugs	Cigarettes	
Please describe y	our diet (be as spe	cific as you can):				
Breakfast:						
Snack:						
Lunch:						
Snack:						
Dinner:						
		Menstrual Cycl	a Data			
Data of start of la	est an amatau al flavou		le Data			
Date of start of last menstrual flow:						
Usual cycle length (how many days from Day 1 of your last period to Day 1 of your new period):						
Regularity in the	Regularity in the last 12 months (are you getting your period every month?): Yes No					
If no, please expl	ain how often:					
PMS (Please writ	te down the sympt	oms):				
Menstrual Phase:						
Bleeding between	n periods:	Ŋ	Yes	No		
Menstrual cramps	s before the period	l: Y	Yes	No	Where:	
Menstrual cramps	s after the period:	Ŋ	Yes	No	Where:	
Day 1:						
Color of Blood: 0	Circle one					
Bright Red	Red	Dark Red	Brown	Pinkis	sh	

Flow	Spotting	Light	Moderate	Heavy
Color of clots:				
Clot size:				
Frontal Cramps:				
Backache:				
Any other symptom	ns:			
Day 2:				
Color of Blood: Cir	cle one			
Bright Red	Red	Dark Red	Brown	Pinkish
Flow	Spotting	Light	Moderate	Heavy
Color of clots:				
Clot size:				
Frontal Cramps:				
Backache:				
Any other symptom	ns:			
Day 3:				
Color of Blood: Cir	cle one			
Bright Red	Red	Dark Red	Brown	Pinkish
Flow	Spotting	Light	Moderate	Heavy
Color of clots:				
Clot size:				
Frontal Cramps:				

Backache:				
Any other symptoms	3:			
Day 4:				
Color of Blood: Circ	le one			
Bright Red	Red	Dark Red	Brown	Pinkish
Flow	Spotting	Light	Moderate	Heavy
Color of clots:				
Clot size:				
Frontal Cramps:				
Backache:				
Any other symptoms	S:			
Day 5:				
Color of Blood: Circ	le 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	e one			
Bright Red	Red	Dark Red	Brown	Pinkish
Flow	Spotting	Light	Moderate	Heavy
Color of clots:				
Clot size:				
Frontal Cramps:				
Backache:				
Any other symptoms:				