

FREE HORMONE HEALTH CHECKLIST FOR BUSY MOMS

Could Your Hormones Be Affecting How You Feel?



Many women assume fatigue, weight gain, poor sleep, brain fog, low libido, and mood changes are simply part of getting older or being a busy mom.

While hormonal changes are a natural part of life, ongoing symptoms may be a sign that your body needs additional support.

Take this quick self-assessment to see if it may be time for a deeper look at your hormone health.

1 ENERGY & FATIGUE

- I feel tired most days, even after sleeping.
- I rely on caffeine to get through the day.
- I experience an afternoon energy crash.
- My motivation and drive aren't what they used to be.
- I feel overwhelmed by tasks that used to feel manageable.

3 WEIGHT & METABOLISM

- I've gained weight despite eating well and exercising.
- Most of my weight gain is around my midsection.
- Weight loss feels harder than it used to.
- My body composition has changed.
- I feel like my metabolism has slowed down.

5 BRAIN FOG & MOOD

- I have trouble concentrating.
- I feel more forgetful than I used to.
- I experience mood swings.
- I feel more anxious or irritable.
- I don't feel like myself anymore.

7 STRESS & RECOVERY

- I feel stressed most days.
- I struggle to recover from workouts.
- I feel burned out.
- I often put my health last.
- I feel like my body isn't keeping up with my lifestyle.

2 SLEEP

- I have trouble falling asleep.
- I wake up during the night.
- I wake up feeling unrefreshed.
- I struggle to get quality sleep consistently.
- My sleep has worsened over the last few years.

4 HORMONE & MENSTRUAL CHANGES

- My menstrual cycles have become irregular.
- My periods are heavier or lighter than they used to be.
- I experience hot flashes or night sweats.
- I notice increased PMS symptoms.
- I suspect I may be entering perimenopause.

6 LIBIDO & INTIMACY

- My sex drive has decreased.
- I have less interest in intimacy than I used to.
- I feel disconnected from my partner because of hormonal changes.
- I have concerns about vaginal dryness or discomfort.



YOUR RESULTS

1

0-5 Checks

You may be experiencing normal life stressors, but maintaining healthy habits remains important.

2

6-15 Checks

Your symptoms may be worth discussing with a healthcare provider, especially if they're affecting your quality of life.

3

16+ Checks

Your symptoms may suggest that hormones, sleep, thyroid health, stress, metabolism, or other wellness factors deserve a closer look.

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From Timothy's Practice

One of the most common things I hear from women is:

'I thought feeling this way was normal.'

Many moms spend years assuming fatigue, weight gain, poor sleep, brain fog, and low libido are simply part of getting older.

Often, a comprehensive evaluation reveals opportunities to support hormone health, sleep quality, metabolic wellness, nutrition, thyroid function, and overall vitality.

You don't have to accept feeling less than your best.

Ready to Learn More?

At My HealthMatrix, we offer personalized hormone and wellness evaluations for women throughout Central Florida through both in-person and telehealth appointments.

Services may include:

- ✓ Hormone Optimization
- ✓ Thyroid Evaluation
- ✓ Medical Weight Management
- ✓ GLP-1 Programs
- ✓ Micronutrient Testing
- ✓ Functional Wellness Assessments
- ✓ Sleep Optimization
- ✓ Comprehensive Wellness Planning



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