

THE HORMONE SYMPTOM CHECKLIST

By Dr. Bilkisu Gaye | Designed4Wellness



Introduction

Many women expect hot flashes to be the first sign of hormone changes. But hormonal shifts can show up in many different ways—often long before menopause.

Symptoms like fatigue, brain fog, poor sleep, mood changes, and stubborn weight gain may be your body's way of signaling that something deeper needs attention.

This checklist can help you identify common hormone-related symptoms and better understand the patterns you may be experiencing.

Check any statements that apply to you.

I. Brain Fog & Difficulty Concentrating

- ☐ I struggle to focus on tasks.
- ☐ I forget words or lose my train of thought.
- ☐ I feel mentally slower than I used to.
- ☐ I have trouble remembering appointments or details.
- ☐ I feel overwhelmed by tasks that once felt easy.



Why It Matters?

Changes in estrogen, progesterone, cortisol, and blood sugar regulation can influence memory, focus, and cognitive performance.

II. Poor Sleep Quality

- ☐ I have trouble falling asleep.
- ☐ I wake up during the night.
- ☐ I wake up feeling tired.
- ☐ My sleep feels lighter or less restorative.
- ☐ I rely on caffeine to get through the day.



Why It Matters?

Hormone fluctuations can affect melatonin production, stress response, and overall sleep quality.

III. Increased Belly Fat & Weight Changes

- ☐ My weight has increased despite healthy habits.
- ☐ Most weight gain appears around my midsection.
- ☐ Losing weight feels harder than it used to.
- ☐ I experience frequent cravings.
- ☐ My metabolism feels slower than before



Why It Matters?

Hormones influence how your body stores fat, regulates blood sugar, and manages energy.

IV. Mood Changes & Irritability

- ☐ I feel more emotional than usual.
- ☐ I experience mood swings.
- ☐ Small frustrations feel overwhelming.
- ☐ I feel anxious more often.
- ☐ I notice changes in motivation or confidence.



Why It Matters?

Hormones communicate directly with brain chemicals that affect mood, stress resilience, and emotional well-being.

V. Low Energy & Fatigue

- ☐ I feel tired even after sleeping.
- ☐ I experience afternoon energy crashes.
- ☐ I feel exhausted by everyday activities.
- ☐ My motivation has decreased.
- ☐ I need caffeine or sugar for energy.



Why It Matters?

Hormones, stress, inflammation, nutrition, and metabolic health all play a role in energy production.

Bonus Symptom Check

- | | | |
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| ☐ Night sweats | ☐ Hot flashes | ☐ Irregular periods |
| ☐ Heavy periods | ☐ Low libido | ☐ Hair thinning |
| ☐ Dry skin | ☐ Joint aches | ☐ Increased stress sensitivity |

Why It Matters?

These symptoms may also be associated with hormone changes during perimenopause and menopause.

Your Results

How many boxes did you check?



0–5 Checks

- You may have relatively few hormone-related symptoms, but staying proactive about your health remains important.



6–10 Checks

- Your body may be showing early signs of hormonal imbalance that deserve attention.



11+ Checks

- Several symptoms may be connected to hormone, metabolic, or stress-related changes and may benefit from a deeper evaluation.

Remember: This checklist is not intended to diagnose a condition. It is designed to help you recognize patterns and start meaningful conversations about your health.

Ready to Learn More?

You don't have to guess whether your symptoms are "just aging."

A functional medicine approach looks at hormones, stress, inflammation, nutrition, sleep, and metabolic health to uncover possible root causes.



Dr. Bilkisu Gaye, MD

Functional & Integrative Health Physician



Schedule a Discovery Call
with Dr. Bilkisu Gaye



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