

Hormone Health Quiz Question Template for Functional Medicine

Free template from brevlix.com — automate this at brevlix.com/demo

Q1: How would you describe your menstrual cycle?

- ☐ Regular (predictable within 1-2 days)
- ☐ Somewhat irregular (varies by 3-7 days)
- ☐ Very irregular (hard to predict)
- ☐ No current cycle (postmenopausal, amenorrhea, etc.)
- ☐ Not sure / haven't tracked

Q2: Which PMS symptoms do you experience? (check all that apply)

- ☐ Mood swings
- ☐ Breast tenderness
- ☐ Bloating
- ☐ Cramps
- ☐ Headaches
- ☐ Fatigue
- ☐ Food cravings
- ☐ None — I don't experience PMS

Q3: How would you rate your PMS severity?

- ☐ Mild — barely noticeable
- ☐ Moderate — affects daily activities somewhat
- ☐ Severe — significantly disruptive
- ☐ No PMS

Q4: Have you noticed your hormone symptoms change with stress?

- ☐ Yes — symptoms worsen with high stress
- ☐ No change with stress levels
- ☐ Not sure

Q5: How long is your typical menstrual cycle?

- ☐ Shorter than 21 days
- ☐ 21-35 days
- ☐ Longer than 35 days
- ☐ Varies widely, hard to track

Q6: Do you experience mid-cycle pain?

Yes

No

Not sure

Q7: Have you been diagnosed with any of the following? (check all that apply)

- ☐ PCOS
- ☐ Endometriosis
- ☐ Fibroids
- ☐ None of these

Q8: Rate your overall hormonal wellness on a scale of 1-5.

- 1 — Poor
- 2
- 3 — Average
- 4
- 5 — Excellent

Clinical Archetypes

- Estrogen Dominance
- Stress-Adaptive Hormone Shift
- Low-Androgen or Perimenopausal Transition

Template source: brevlix.com/resources/quiz-question-templates/hormone-health