Pattern & Questions

Hormone-informed education | Notice your experience and prepare for a useful conversation.

Notice without judging

Use this page to record what you notice in everyday life. It is a reflection tool, not a test or a way to identify a hormone condition.

Choose a focus

What would you most like to understand about your experience?

A daily check-in

Date | Energy in my own words | Sleep experience | Meals and movement | Other context

Pattern & Questions

Hormone-informed education | Notice your experience and prepare for a useful conversation.

Look for context

What changed in your schedule, routines, or responsibilities this week?

Bring your questions

What should I ask my licensed clinician? What information would help me prepare?

My next step

One question I will ask, and the person I will ask it of: