

PACKAGE 3 - QUIZ

On a scale from 1 - 5 , with 1 being strongly disagree and 5 being strongly agree please score the following questions by selecting the corresponding field. Your final score is the sum total of each question's rating.

Please note that this quiz is not a diagnostic tool - simple a starting point for self reflection and used to identify potential areas of focus for improving your health.

I have experienced changes in my body lately & feel like I do not recognise myself anymore

- 1 2 3 4 5

I experience mood swings, anxiety and irritability

- 1 2 3 4 5

I experience hot flashes and night sweats

- 1 2 3 4 5

I am experiencing sudden weight gain, especially around my middle

- 1 2 3 4 5

My confidence is low and I feel like I have become invisible in society

- 1 2 3 4 5

I often feel bloated and struggle with digestive issues

- 1 2 3 4 5

I experience brain fog, memory loss and poor concentration

- 1 2 3 4 5

I often feel exhausted, even after a good nights rest

- 1 2 3 4 5

My skin and hair has changed a lot - decline in skin texture or acne, hairloss

- 1 2 3 4 5

I experience a lack of libido

- 1 2 3 4 5

A score of 16 or below indicates a healthy average, even though you might already start to experience some hormonal changes . A score of 16 and above indicates that your body is experiencing a lot of hormonal imbalances. Any of the above symptoms can benefit from putting steps in place to support your body through the transition - such as adjusting diet, lifestyle, exercise and mindset.

As a health coach I am here to support you in reaching your health goals.

With very high scores, when making changes to your health it is always advisable to work alongside your medical health practitioner.