



Symptom Checklist

Change of Bowel Movements: Y / N
 Change of Weight: Y / N
 Change of Stress Level: Y / N
 Change of Energy Level: Y / N

How many per day? _____
 Increase: _____ Decrease: _____
 Current Level (1-10): _____
 Average Energy Level (1-10): _____

Please choose 1 - 5 your level of severity (5 being worst)

Cold extremities	1	2	3	4	5
Hair loss/thin hair	1	2	3	4	5
Dry skin	1	2	3	4	5
Brittle nails	1	2	3	4	5
Fatigue or Decreased Energy	1	2	3	4	5
Sleep Issues:					
Cannot fall asleep	1	2	3	4	5
Night awakening	1	2	3	4	5
Go to bed late	1	2	3	4	5
Wake up tired/cannot get out of bed	1	2	3	4	5
Anxiety	1	2	3	4	5
Depression	1	2	3	4	5
Irritable/Moody	1	2	3	4	5
Decreased sense of well-being	1	2	3	4	5
Tearful	1	2	3	4	5
Crave Carbs/Sugar/Salt	1	2	3	4	5
Need Caffeine	1	2	3	4	5
Bloating	1	2	3	4	5
Constipation	1	2	3	4	5
Diarrhea	1	2	3	4	5
Abdominal Pain	1	2	3	4	5
Increased fat around the waist	1	2	3	4	5
Difficulty losing weight	1	2	3	4	5
Decreased muscle tone	1	2	3	4	5

ANU AESTHETICS & OPTIMAL WELLNESS

Helping You Achieve aNu You!

10015 N AMBASSADOR DR. SUITE #200
 KANSAS CITY, MO 64153 (816) 359-3310
 WWW.ANUAESTHETICS.COM



Brain Fog/Decreased Concentration	1	2	3	4	5
Poor Memory	1	2	3	4	5
Muscle Cramps	1	2	3	4	5
Heart Palpitations	1	2	3	4	5
Acne	1	2	3	4	5
Swelling	1	2	3	4	5

Women Only:

Frequent Bladder Infections	1	2	3	4	5
Frequent Yeast Infections	1	2	3	4	5
Irregular or Heavy Periods	1	2	3	4	5
Headache before or during period	1	2	3	4	5
Hot flashes	1	2	3	4	5
Night Sweats	1	2	3	4	5
Vaginal Dryness	1	2	3	4	5
Incontinence	1	2	3	4	5
Decreased sex desire / low libido	1	2	3	4	5
Decreased arousal / orgasm	1	2	3	4	5
Deepening of voice	Yes	No			
Increased facial or body hair	Yes	No			
Breast lumps or Fibrous Breasts	Yes	No			
History of Miscarriage	Yes	No	Explain: _____		
Fertility Issues	Yes	No	Explain: _____		

Men Only:

Decreased firmness of erection	1	2	3	4	5
Difficulty getting an erection	1	2	3	4	5
Difficulty maintaining an erection	1	2	3	4	5
Decreased sensitivity of sex organs	1	2	3	4	5
Decreased orgasm / arousal / libido	1	2	3	4	5

ANU AESTHETICS & OPTIMAL WELLNESS

Helping You Achieve aNu You!

10015 N AMBASSADOR DR. SUITE #200
 KANSAS CITY, MO 64153 (816) 359-3310
 WWW.ANUAESTHETICS.COM