**Metabolic and Hormonal Health Self-Assessment for Women**

Discover where you stand with your metabolic and hormonal health. This fun and quick self-assessment will give you a snapshot of your well-being. Answer honestly, tally your points, and see how you're doing!

**Section 1: Energy and Vitality**

1. How would you rate your daily energy levels?
   * Full of energy all day **(3 points)**
   * Mostly okay but dip in the afternoon **(2 points)**
   * Constantly tired or fatigued **(1 point)**
2. Do you often feel unusually cold or hot compared to others?
   * Often cold **(1 point)**
   * Often hot **(1 point)**
   * I feel fine **(3 points)**

**Section 2: Sleep and Stress**

1. How well do you sleep?
   * Great, I wake up refreshed **(3 points)**
   * Sleep is okay, but I feel groggy **(2 points)**
   * Poor sleep, often tossing and turning **(1 point)**
2. How often do you feel overwhelmed or stressed?
   * Rarely stressed **(3 points)**
   * Sometimes stressed **(2 points)**
   * Often stressed **(1 point)**

**Section 3: Hormonal Health**

1. Do you experience irregular periods or changes in your cycle?
   * Regular like clockwork **(3 points)**
   * Occasionally irregular **(2 points)**
   * Frequently irregular or absent **(1 point)**
2. Have you noticed unexpected weight gain or trouble losing weight?
   * No, my weight is stable **(3 points)**
   * Occasionally, but manageable **(2 points)**
   * Yes, it’s a constant struggle **(1 point)**
3. Do you experience mood swings or irritability?
   * Rarely **(3 points)**
   * Sometimes **(2 points)**
   * Often **(1 point)**

**Section 4: Metabolic Health**

1. Do you feel hungry soon after meals?
   * No, I feel satisfied **(3 points)**
   * Sometimes **(2 points)**
   * Yes, often **(1 point)**
2. Do you have frequent sugar cravings?
   * No, not really **(3 points)**
   * Occasionally **(2 points)**
   * Yes, all the time **(1 point)**

**Section 5: Vital Signs**

1. Do you know your recent blood pressure, cholesterol, or glucose levels?

* Yes, and they are healthy **(3 points)**
* I know them but not sure if they’re okay **(2 points)**
* No, I haven’t checked recently **(1 point)**

**Scoring**

* **25–30 points**: Excellent! Your health looks great. Stay consistent with your habits and keep monitoring your well-being.
* **16–24 points**: Good, but some areas may need attention. Focus on stress management, diet, or regular health check-ups.
* **10–15 points**: Needs Care. Consider seeking professional advice to address potential hormonal or metabolic imbalances.

This self-assessment was carefully designed and rooted in evidence-based practices and insights from leading medical institutions and research studies:American Thyroid Association, Mayo Clinic, Journal of Clinical Endocrinology & Metabolism, American Diabetes Association, World Health Organization. Each question was formulated to reflect common indicators of hormonal and metabolic health, enabling users to perform an initial self-check that aligns with globally recognized medical standards.