



PCOS & YOU

Take Charge of Your
Health & Care

Track and centralize
key information to
create greater self
awareness and
enable your
practitioner to
provide more
informed healthcare
guidance.

of Hours of Sleep:

Time Out of Bed:

Exercise (What/# of Minutes):

Time:

Time:

Time:

Time:

Time:

Degree of Hunger (Before)

What You Ate

How Much?

What You Drank

How Much?

Degree of Hunger (After)

What Did You Feel
Physically After Eating?

What Did You Feel
Emotionally After Eating?

Where Did You Eat?

Who Did You Eat With?

Cycle History

First Day of Last Period:

Are you Tracking your Cycle?: Yes / No (If Tracking, Share Charts with your Clinician)

Birth Control History

Are you using Birth Control?: Yes / No / Was Recently

Which type of Birth Control?: Pill Patch Implant Injection IUD Cervical Cap
Diaphragm Fertility Awareness Method. Condoms

Which brand of Birth Control?:

Last Day of Birth Control Use (if applicable):

Symptoms (Circle all that Apply)

- Irregular Period
- Male Pattern Baldness
- Thinning Hair
- Excessive Body Hair
- Fatigue
- Digestive Problems
- Trouble Losing Weight
- Weight Changes
- Acne
- Trouble Conceiving
- Mood Changes
- Low Sex Drive
- Joint Pain
- Skin Condition

Other _____

Bloodwork

Fasting Insulin:

Iron:

HOMA-IR index (insulin resistance index):

Zinc:

Insulin glucose challenge test:

B12:

LH (Luteinizing Hormone):

Vitamin D:

FSH (Follicle Stimulating Hormone):

Progesterone:

Free Testosterone:

TSH:

Total Testosterone:

Androstenedione:

DHEAS:

Diet (Circle all that Apply)

Sugar Free

Carb Free

8-hour Eating Window

Dairy Free

Low Carb

Gluten Free

Other _____

Exercise

How often do you exercise in a given week?

What type of exercise do you do?

Current Medications / Supplements (Circle all that Apply)

Metformin

Myo-inositol

Prenatal

Alpha-lipoic Acid

B Vitamins

Berberine

Cyproterone Acetate

DIM (diindolylmenthane)

Licorice

Peony & Licorice

Magnesium

Melatonin

NAC

Rhodiola

Spiroinolactone

Vitamin D

Vitex

Zinc

Other _____

Other Thoughts