



Fertile Health Self-Assessment Worksheet

The following questions will help you to assess:

1. Signs associated with your cycle that reveal the quality of your fertile health
2. Signs associated with other organ systems that may be affecting the quality of your fertile health

Your Menstrual Cycle:

(If currently using fertility medications, refer to your typical natural cycles when answering these questions)

The length of your cycle – how many days of flow, the quality of your flow, consistency, clots, and quantity of your flow all provide clues into your fertile health. Spotting beforehand may mean low progesterone or lack of blood flow. Watery flow may mean your lining is thin. Excessive clotting may indicate poor blood circulation.

<p>Typically, how long are your cycles? (From day 1 of your period until the last day before day 1 of your next period?)</p>	<p>How heavy is your flow? (Feels like you're hemorrhaging? Moderately heavy-changing pad or tampon every 1-2 hours? Moderate – changing pad or tampon 3-4x/day? Light – 1-2 pads or tampons per day would be enough? Very light – a panty liner is enough?)</p>
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How many days of full flow do you have?	What is the color of your flow? (Bright red, normal red, dark red, purple, brown, black or pink?)
Do you have spotting before full flow begins? (If yes, how many days?)	Do you get clots? (If yes, what size? – dime size, quarter size?)
What is the consistency of your flow? (Mucus-like, watery, thick?)	Additional Notes:

PMS Symptoms

It's normal to experience mild PMS symptoms, however, excessive PMS symptoms may be a sign of a fertile imbalance. Many symptoms, such as bloating, breast tenderness, digestive problems and moodiness may indicate hormonal imbalance. Severe menstrual cramps may mean poor blood circulation and/or weak energy in the reproductive system. Low back pain means your Kidney system (from a Chinese medicine perspective) needs warming and an energy boost.

Do you experience low back pain? If yes, is it before, during or after your period? On a scale of 1-5, how severe is the pain? (5 worst)	Do you experience menstrual cramps? If yes, are they before, during or after your period? Severity on scale of 1-5?
Do you experience moodiness? If yes, is it before, during or after your period? Severity on scale of 1-5?	Do you get breast tenderness? If yes, is it before, during or after your period? Severity on scale of 1-5?
Do you have digestive problems with your period?	Do you feel boated with your period?

If yes, is it before, during or after your period? Severity on scale of 1-5?	If yes, is it before, during or after your period? Severity on scale of 1-5?
Do you get headaches with your period? If yes, is it before, during or after your period? Severity on scale of 1-5?	Do you get food cravings (sweet – salty?) with PMS? Severity on scale of 1-5?

Ovulation Symptoms

In the same way that excessive PMS symptoms may indicate hormonal imbalances, so can ovulation symptoms

During ovulation, do you experience low back pain? Severity on scale of 1-5?	During ovulation, do you feel bloated? Severity on scale of 1-5?
During ovulation, do you experience breast tenderness? Severity on scale of 1-5?	During ovulation, do you feel fatigued? Severity on scale 1-5?
Do you ovulate too soon? (Earlier than day 12 of your cycle?)	Do you ovulate too late? (Past day 12-16 of your cycle)

General Health Symptoms that May Relate to Your Fertile Health

General health symptoms may provide further clues into the status of your fertile health. If your digestive system is weak and you're fatigued, then you may have a thin lining because your body is struggling to build cells and deliver nutrient-rich blood to your uterus.

Stress and headaches may indicate hormone imbalances and poor blood circulation. Sleep issues can also contribute to these issues and may be a cause of stress or energy deficiency.

Rate the severity of each of the following on a scale of 1-5.

<p>Do you have any digestive problems? (gassiness, loose stools, constipation, low appetite?)</p> <p>Severity on scale of 1-5?</p>	
<p>Do you have problems falling asleep?</p> <p>Severity on scale of 1-5?</p>	<p>Do you have problems staying asleep?</p> <p>Severity on scale of 1-5?</p>
<p>Do you feel stressed out? Easily irritable? Impatient? Moody?</p> <p>Severity on scale of 1-5?</p>	<p>Do you get headaches when you feel tired?</p> <p>Severity on scale of 1-5?</p>
<p>How is your energy level?</p> <p>Severity on scale of 1-5?</p>	<p>Do you have a healthy libido?</p> <p>Severity on scale of 1-5?</p>

For help with this assessment and more information on your fertile health visit my website:

www.lisacartier.com

**For a complimentary consultation call:
518-307-9810**

***Guiding you on the path to creating fertile ground
for your baby's first home and
empowering women. . .one birth at a time***