



# Hi, I'm Dr. Colleen Fogarty Draper

Women in their 40s and 50s,  
and sometimes even earlier, often start  
noticing changes in energy, mood, sleep, or  
metabolism.

NEXT



I've dedicated my career to helping women understand these transitions and support their well being through:

- science-backed nutritional guidance
- supplement recommendations
- simple tools for self-reflection and mindfulness.

NEXT

[← Back](#)

---



I'll ask you a few quick questions to understand your unique health needs, help you track your progress, and provide personalized nutrition recommendations.

[Let's Start](#)

 Back

---

Step 1 of 5

---

# Step 1

Every woman's journey is unique.  
Let's sort out your hormonal phase.

NEXT

[← Back](#)

---

Step 1 of 5

---

**How long has it been since your last menstrual period?**

☐ Less than 2 months

☐ 2 to 6 months

☐ 6 to 11 months

☐ 12 months to 5 years

☐ More than 5 years

☐ I had a hysterectomy

[← Back](#)

Step 1 of 5

You are in the pre-menopause phase.

## What are the hormone phases?



### Premenopause

This means your body hasn't started the menopause journey yet.

This is the perfect time to start fine tuning your diet and lifestyle habits to prepare for what will come in the next 5 to 10 years.

NEXT

[← Back](#)

Step 1 of 5

Your cycles are becoming less regular.  
You are likely in the early peri-menopause phase.

## What are the hormone phases?



### Premenopause

When cycles are regular, it means your body hasn't started the menopause journey yet.

This is the perfect time to fine-tune your diet and lifestyle habits, to prepare for what's to come in a few years.

NEXT

← Back

Step 1 of 5

Your cycle is highly irregular.  
You are likely in the late peri-menopause phase.

## What are the hormone phases?



### **Perimenopause**

Cycles are changing and PMS feels stronger. Hormone changes start here, and symptoms can last several years.

This is an ideal time to start tracking your symptoms and exploring the most effective ways to manage them.

NEXT



← Back

Step 1 of 5

If you have not had your menstrual period for over a year or more, you are likely in the early post-menopause phase.

## What are the hormone phases?



### **Menopause**

If you haven't had a period for a year, you've reached menopause.

The next day, you enter

**Postmenopause.**

NEXT

 Back

---

Step 1 of 5

If you have not had your menstrual period for over 5 years. You are likely in the late post-menopause phase.

## What are the hormone phases?



### **Menopause**

If you haven't had a period for a year, you've reached menopause.

The next day, you enter

**Postmenopause.**

NEXT

[← Back](#)

---

Step 1 of 5

Once you have a hysterectomy, you enter your post-menopause phase.

## What are the hormone phases?



### **Postmenopause**

Hormone symptoms may continue, but usually ease over time.

That's why this is a great time to examine your symptoms and make changes to your diet and lifestyle to support this new chapter of your life.

**NEXT**

 Back

Step 1 of 5

I'll help you keep track of your cycle and provide recommendations based on your cycle phase.

## When did your last period start?

Not sure? That's okay, you can select an estimate

Select date

**Mon, Aug 17**



August 2025 ▼



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31

 Back

Step 1 of 5

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31

 Back

Step 1 of 5

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29

30

31

 [Back](#)

---

Step 1 of 5

**Are you taking any hormone replacement therapy?**

☐ Yes

☐ No

[← Back](#)

---

Step 1 of 5

**What is the hormone replacement therapy you are taking?**



Birth control pill



Hormone-releasing birth control device



Hormone replacement therapy (HRT)



Other medication  
(related to chronic disease)



None of the above



 Back

---

Step 2 of 5

## Step 2

Tell me about your health priorities, your general mood and how do you sleep

NEXT

 [Back](#)

---

Step 2 of 5

## Step 2

Tell me about your health priorities, your general mood and how do you sleep

NEXT

 [Back](#)

---

Step 2 of 5

**How do you feel today?**



**Very Bad**



**Bad**



**Okay**



**Good**



**Great**

 Back

---

Step 2 of 5

Let's prioritize your health goals

**I want to...**

Select up to 3 goals

☐

Increase energy

☐

Improve memory and thinking

☐

Improve emotional well-being

☐

Manage stress

☐

Optimize gut health

☐

Reduce skin aging

NEXT

 [Back](#)

Step 2 of 5

## Are you experiencing any of these symptoms?

You can select as many as you want, and remember... Many women experience changes like these.

### MOST COMMON SYMPTOMS

☐ Anxiety

☐ Brain fog

☐ Depression

☐ Fatigue

☐ Heavy periods

NEXT

 Back

---

Step 2 of 5



## About the symptoms you just selected

I'll help you keep track of them so you can start noticing how small lifestyle changes make a difference.

NEXT

[← Back](#)

Steps 2 of 5

You selected:

## Brain Fog

**How much did this affect you in the past month?**

☐ **1** Not at all

☐ **2** Slightly

☐ **3** Moderately

☐ **4** Quite a bit

☐ **5** Extremely

 [Back](#)

---

Steps 2 of 5

You selected:

## Mood Swings

**How much did this affect you  
in the past month?**

☐ **1** Not at all

☐ **2** Slightly

☐ **3** Moderately

☐ **4** Quite a bit

☐ **5** Extremely



 [Back](#)

---

Steps 2 of 5

You selected:

## Skin Changes

**How much did this affect you  
in the past month?**

☐ **1** Not at all

☐ **2** Slightly

☐ **3** Moderately

☐ **4** Quite a bit

☐ **5** Extremely

 [Back](#)

---

Steps 2 of 5



## Now, about your Sleep

I'll help you track your sleep too, so you can see what helps you rest better and wake up with more energy.

NEXT

 [Back](#)

---

Steps 2 of 5

**How well have you been sleeping lately?**

☐ **1** Very poorly

☐ **2** Poorly

☐ **3** Fair

☐ **4** Well

☐ **5** Very Well

[← Back](#)

---

Steps 3 of 5



## Step 3

We are what we eat.

There is a strong connection between how you eat, your body's metabolism, your unique genetics, and your hormonal health and aging.

I will ask you a few questions about your nutrition. Stay with me! It won't take much time.

**NEXT**

 [Back](#)

Steps 3 of 5

## What kind of diet do you follow?

☐

Gluten free

☐

Keto

☐

Lacto ovo-vegetarian

☐

Low carb

☐

Low fat

☐

Paleo

☐

Pescaterian

NEXT

 [Back](#)

Steps 3 of 5

## Select if you have any food allergies, intolerances or sensitivities

☐

Eggs

☐

Fish

☐

Milk - Milk products

☐

Peanuts

☐

Sesame

☐

Shellfish

☐

Soy

NEXT

[← Back](#)

Steps 3 of 5

## What do you drink most often?

☐

Caffeinated coffee or tea

☐

Decaffeinated coffee or tea

☐

Fruit juice

☐

Herbal tea

☐

Milk

☐

Soda (regular or diet)

☐

Water

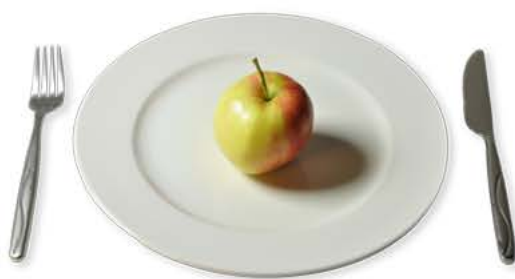
NEXT

[← Back](#)

Steps 3 of 5

## How many portions of fruit do you usually eat per day?

1 portion of fruit is:



**A medium-sized fruit.**

☐ 0

☐ 1

☐ 2

☐ 3-4

☐ 4 or more



[← Back](#)

Steps 3 of 5

## How many portions of fruit do you usually eat per day?

1 portion of fruit is:



**A fist-sized serving of chopped fruit**

☐ 0

☐ 1

☐ 2

☐ 3-4

☐ 4 or more

[← Back](#)

Steps 3 of 5

## How many portions of fruit do you usually eat per day?

1 portion of fruit is:



Unsweetened juice

☐

0

☐

1

☐

2

☐

3-4

☐

4 or more

[← Back](#)

Steps 3 of 5

## How many portions of veggies do you usually eat per day?

1 portion of veggies is:



**A fist-sized serving of leafy greens**

☐ 0

☐ 1

☐ 2

☐ 3-4

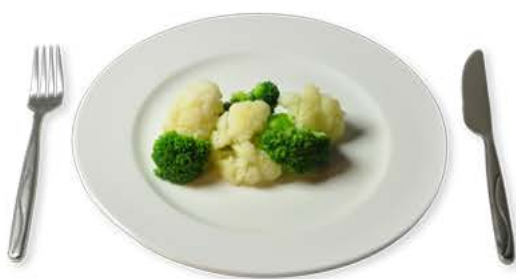
☐ 4 or more

[← Back](#)

Steps 3 of 5

## How many portions of veggies do you usually eat per day?

1 portion of veggies is:



**A fist-sized serving of other veggies**

☐ 0

☐ 1

☐ 2

☐ 3-4

☐ 4 or more

[← Back](#)

Steps 3 of 5

## How many portions of veggies do you usually eat per day?

1 portion of veggies is:



**A fist-sized serving of leafy greens**

☐ 0

☐ 1

☐ 2

☐ 3-4

☐ 4 or more

[← Back](#)

Steps 3 of 5

## On average How often do you eat Beans, Peas, Legumes?



Black bean



Chickpea



Lentil



Mug bean



Red bean



Soy bean



Split pea



Black eyed pea



Never



Every two weeks



2 to 3 times a week



Every other day



1 or more times a day

[← Back](#)

Steps 3 of 5

## On average How often do you eat Nuts or seeds?



Almond



Cashew



Chia seed



Sesame seed



Peanut



Pine nut



Pistachio



Pumpkin seed



Never



Every two weeks



2 to 3 times a week



Every other day



1 or more times a day

[← Back](#)

Steps 3 of 5

## On average How often do you eat Whole Grains?



Barley



Brown rice



Buckwheat



Bulgur



Cornmeal



Oatmeal



Quinoa



Sorghum



Never



Every two weeks



2 to 3 times a week



Every other day



1 or more times a day



 [Back](#)

---

Steps 3 of 5

## On average How often do you eat Red Meat?

☐

Never

☐

Every two weeks

☐

2 to 3 times a week

☐

Every other day

☐

1 or more times a day

 [Back](#)

---

Steps 3 of 5

**On average**  
**How often do you eat **Chicken**?**



Never



Every two weeks



2 to 3 times a week



Every other day



1 or more times a day

 [Back](#)

---

Steps 3 of 5

**On average**  
**How often do you eat Fish?**



Never



Every two weeks



2 to 3 times a week



Every other day



1 or more times a day

 [Back](#)

---

Steps 3 of 5

## On average How often do you eat at a restaurant?

Including fast food

☐

Never

☐

Every two weeks

☐

2 to 3 times a week

☐

Every other day

☐

1 or more times a day

 [Back](#)

---

Steps 3 of 5

## On average How often do you drink alcohol?



Never



Every two weeks



2 to 3 times a week



Every other day



1 or more times a day

 [Back](#)

---

Steps 3 of 5

**On average**  
**How often do you eat sweets,**  
**cookies, cakes or ice cream?**

☐

Never

☐

Every two weeks

☐

2 to 3 times a week

☐

Every other day

☐

1 or more times a day

 Back

---

Steps 4 of 5

## Step 4

Help me understand your activity habits.

Everything is connected, so your answers will help me collect the recommendations that are just for you.

NEXT

 [Back](#)

---

Steps 4 of 5

Thinking about your daily routine,

**Which of these best describes  
how you spend most of your  
day?**



Mostly sitting



Mostly standing or moving



[← Back](#)

---

Steps 4 of 5

**In a typical week,  
How many days do you do  
intentional exercise?**

**Like brisk walking, cycling, or a fitness class**

☐

None

☐

1-2 days

☐

3-4 days

☐

5 or more days

 [Back](#)

---

Steps 4 of 5

## In a typical week, How many days do you do strength training?

Like lifting weights, using resistance bands, or  
exercises like squats or push-ups

☐ None

☐ 1-2 days

☐ 3-4 days

☐ 5 or more days

 [Back](#)

---

Steps 4 of 5



## Step 5

Height and weight are just one part of your health picture.

I will help you keep track of it.

[NEXT](#)

 Back

---

Steps 4 of 5

**What is your Height?**

Feet & Inches

Centimeters

Feet

Inches

0

0

NEXT

 Back

---

Steps 4 of 5

**What is your Weight?**

**Pounds (lbs)**

Kilograms (kg)

0

**NEXT**

 [Back](#)

---

Steps 5 of 5

# Almost there!

I just need your birth date and email,  
and that will be it!

NEXT

 Back

---

Steps 5 of 5



**When is your birthday?**

DD/MM/YYYY

NEXT

 Back

---

Steps 5 of 5



**What is your email?**

email address

NEXT



[← Back](#)

---

Done

---

# Done!

Thank you for trusting me with your health information.



Please wait while I configure  
your dashboard to your unique needs

# Hello Maria!

NUTRITION



MENSTRUAL CYCLE



PHYSICAL ACTIVITY



WEIGHT



SYMPTOMS



SLEEP



# Hello Maria!

NUTRITION



MENSTRUAL CYCLE



PHYSICAL ACTIVITY



WEIGHT



SYMPTOMS



SLEEP



# Hello Maria!

NUTRITION



## Your recommendations



Last week you drank caffeine every day. Try reducing it this week



You haven't eaten whole grains this week. Try incorporating brown rice or oats these days



You are in the follicular phase. Try to increase lean protein and complex carbs to manage cravings

+ INPUT

TRACKING

MENSTRUAL CYCLE



PHYSICAL ACTIVITY



WEIGHT



# Hello Maria!

NUTRITION



## NUTRITIONAL INPUT

What did I eat today

☐

Veggies

☐

Fruit

☐

Beans/Legumes

☐

Nuts/Seeds

☐

Whole Grains

☐

Red Meat

☐

Chicken

☐

Fish

Hello Maria!

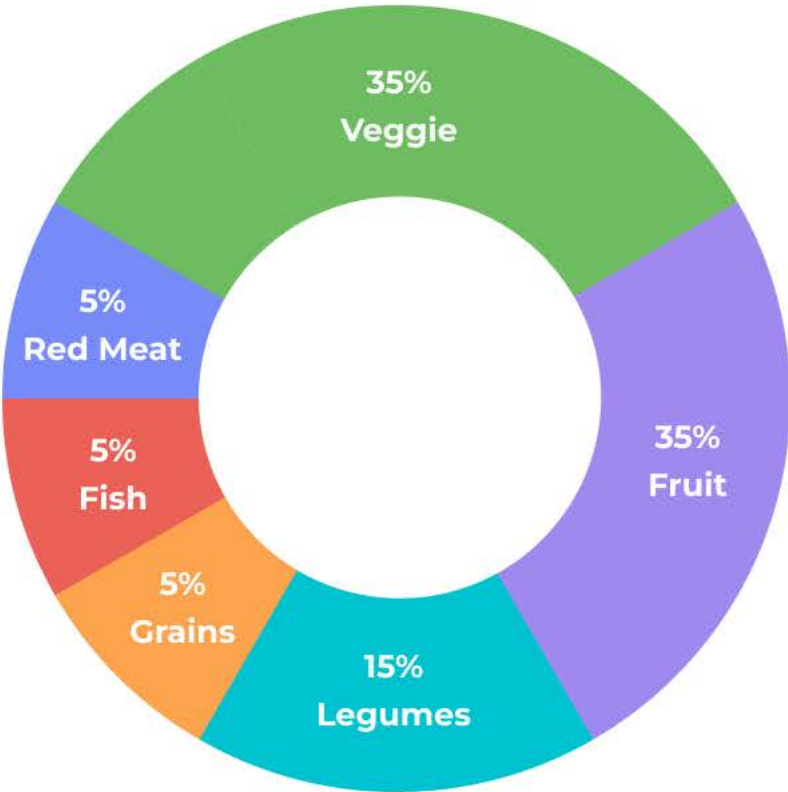
NUTRITION



NUTRITIONAL TRACKING

This week overview

- ☒ Mon
- ☒ Tue
- ☒ Wed
- ☒ Thu
- ☒ Fri
- ☒ Sat
- ☒ Sun



- ☒ Fruit
- ☒ Veggies
- ☒ Red Meat
- ☒ Legumes
- ☒ Whole grain
- ☒ Fish