



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.

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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.

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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

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Step 1 of 5

Step 1

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

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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

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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.



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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.



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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.**

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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.**

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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.

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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 ▾



S	M	T	W	T	F	S
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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Step 1 of 5

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Step 1 of 5

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Step 1 of 5

Are you taking any hormone replacement therapy?



Yes



No

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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

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Step 2 of 5

Step 2

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

NEXT

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Step 2 of 5

Step 2

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

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Step 2 of 5

How do you feel today?



Very Bad



Bad



Okay



Good



Great

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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

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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

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Step 2 of 5

About the symptoms you just selected

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

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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

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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

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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.

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Steps 2 of 5

How well have you been sleeping lately?

1 Very poorly

2 Poorly

3 Fair

4 Well

5 Very Well

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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.

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Steps 3 of 5

What kind of diet do you follow?

Gluten free

Keto

Lacto ovo-vegetarian

Low carb

Low fat

Paleo

Pescaterian

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Steps 3 of 5

Select if you have any food allergies, intolerances or sensitivities



Eggs



Fish



Milk - Milk products



Peanuts



Sesame



Shellfish



Soy

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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

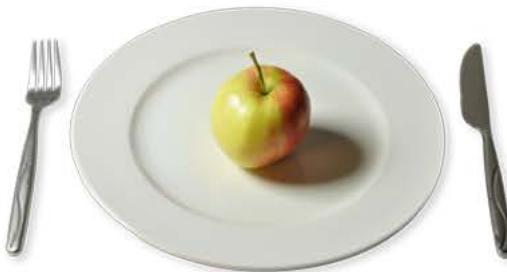
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Steps 3 of 5

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

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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

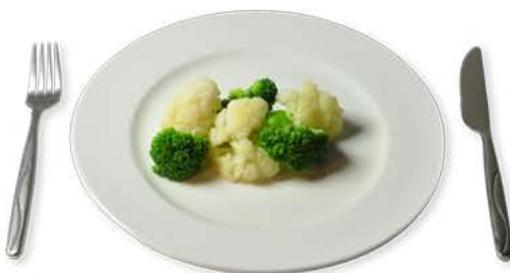
4 or more

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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

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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

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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

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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.

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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

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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

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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

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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.

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Steps 4 of 5

What is your Height?

Feet & Inches

Centimeters

Feet

Inches

0

0

NEXT

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Steps 4 of 5

What is your Weight?

Pounds (lbs)

Kilograms (kg)

0

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Steps 5 of 5

Almost there!

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

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Steps 5 of 5

When is your birthday?

DD/MM/YYYY

NEXT

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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

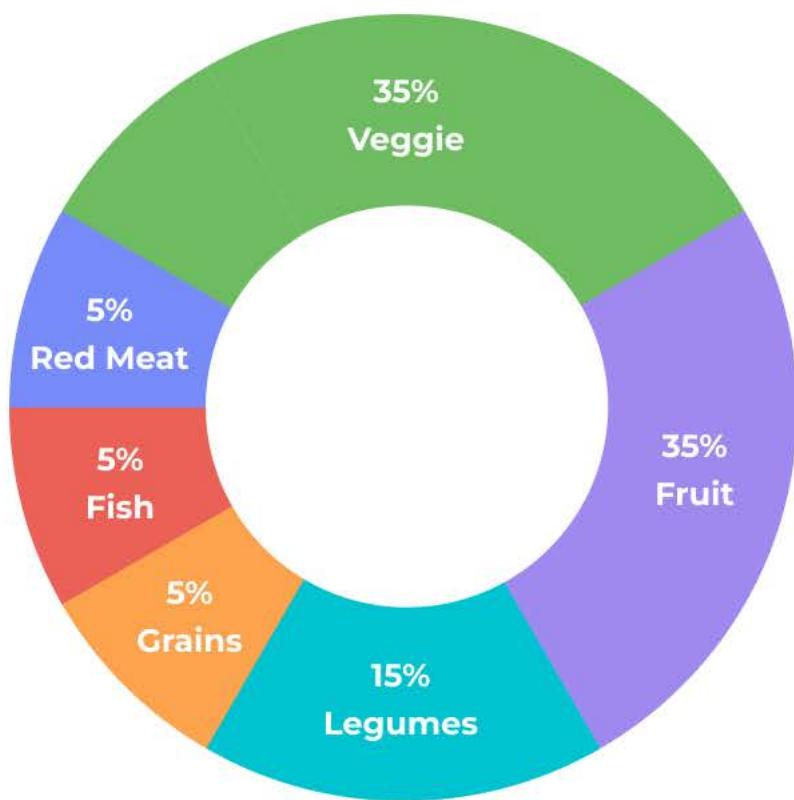
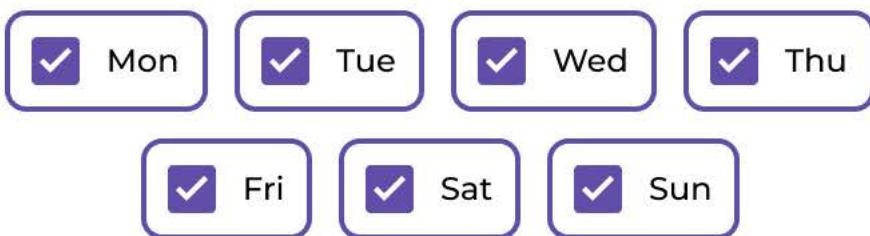
Hello Maria!

NUTRITION



NUTRITIONAL TRACKING

This week overview



Fruit

Veggies

Red Meat

Legumes

Whole grain

Fish