

The Hormone Symphony™ Signal Tracker

Client Name: _____ Date: _____

Section 1: The Symphony Audit

Hormones work like an orchestra. Use the checklist below to identify which "instruments" are currently out of tune.

The Percussion (Adrenals/Stress Response) - [] I wake up at 3:00 AM with a racing heart or "tired but wired" feeling. - [] I experience a "crushing" energy crash around 3:00 PM. - [] I feel like I'm constantly "on edge" or in survival mode.

The Violin (Thyroid/Metabolism) - [] I have persistent "brain fog" or feel less "sharp" than I used to. - [] I am experiencing sudden weight gain, specifically around my midsection. - [] My labs are "normal," but I still feel clinically exhausted.

The Woodwinds (Ovaries/Cycles) - [] My cycles have become heavier, more painful, or irregular. - [] I feel significantly more irritable or anxious the week before my period. - [] I feel like my "internal thermostat" is broken (hot flashes/night sweats).

Section 2: Weekly "Conductor" Log

The "Conductor" (your brain) directs your hormones based on the stress it perceives. Track these markers for one week to see the patterns.

Marker	Mon	Tue	Wed	Thu	Fri	Sat	Sun
3:00 PM Energy (1-10)							
3:00 AM Wakeup? (Y/N)							
Brain Fog Severity (1-10)							
Stress Level (1-10)							

Section 3: Resource Diversion Reflection

In Functional Medicine, we look at "Survival vs. Reproduction." When the Conductor senses a "famine" or "threat," it diverts resources away from vitality and toward survival.

1. Where is your "Conductor" currently focused? (e.g., High-stress job, family transitions, skipping meals, over-exercising)

2. The "Aha!" Moment: Based on the "Symphony" metaphor, why do you think your "Violin" (Thyroid) or "Woodwinds" (Ovaries) are struggling to be heard right now?

Next Steps: Quieting the Percussion

To bring the symphony back into harmony, we must first signal safety to the conductor.

1. Priority One: _____

2. Nourishment Focus: _____

3. Boundary/Rest Goal: _____

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