



Women's Health History

Age of your first menses? _____

How many days are in your cycle? _____

Average length of your period? _____

How would you best describe your periods?

- Heavy Periods
- Short Periods
- Bleed Between Periods
- Light Periods
- Long Periods
- Painful Periods
- Irregular Periods
- No Periods
- Clots with Periods

How would you best describe the color of your periods?

- Bright Red
- Dark Red
- Pale Red
- Purple Red
- Brown Red

Which symptoms do you have with your period?

- Breast tenderness
- Swelling
- Irritability
- Loose stools or digestive issues
- Sadness
- Cold and flu symptoms
- Headaches
- Body aches
- Fatigue
- Acne or other skin issues

Have you been diagnosed or experiencing any of the following gynecological issues?

- Endometriosis
- Uterine prolapse
- Cysts
- Pain during ovulation
- Fibroids
- Pain with intercourse
- Polyps
- Low sexual energy
- Fertility issues
- High sexual energy
- Abnormal vaginal discharge
- Sexually transmitted diseases: _____
- Vaginal itching
- Use of contraceptives: _____
- Urinary tract infections
- Perimenopause symptoms
- Candida/yeast infections
- Postmenopause

Pregnancy Questions:

- Number of pregnancies: _____
- Number of miscarriages: _____
- Number of abortions: _____
- Number of children: _____
- Ages of children: _____

Have you had any surgical procedures? (YES / NO): _____