



Health Assessment

Week 4

28 Day Reset Diet

Week 4 Health Assessment

DO YOU CURRENTLY OR HAVE EXPERIENCED IN THE PAST 6 MONTHS:

Part A

- Acne
- Excess facial, chest, back or other body hair AKA Hirsutism
- Thinning hair
- Irregular periods
- Mood swings
- Enlarged clitoris
- Decrease breast size
- Loss of sex drive
- Deepening of voice
- Irregular or absent periods
- Insulin resistance
- Acanthosis nigricans (rough, darkly, pigmented areas of the skin)
- PCOS

Total Scores with yes: Before: _____ After: _____