

# Hormone Cycle Chart

## Patient Information

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Gender: \_\_\_\_\_

Patient ID: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

## Cycle Information

Cycle Start Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Average Cycle Length: \_\_\_\_\_ days

Current Cycle Day: \_\_\_\_\_

## Hormone Levels Tracking

Follicle-Stimulating Hormone (FSH)

Luteinizing Hormone (LH)

Estrogen (Estradiol)

Progesterone

Testosterone (if applicable)

## Daily Tracking

Day of Cycle: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

FSH Level (mIU/mL): \_\_\_\_\_

LH Level (mIU/mL): \_\_\_\_\_

Estrogen Level (pg/mL): \_\_\_\_\_

Progesterone Level (ng/mL): \_\_\_\_\_

Testosterone Level (ng/dL): \_\_\_\_\_

Notes/Symptoms: \_\_\_\_\_

# Weekly Summary

## Week 1 (Days 1-7)

- Average FSH: \_\_\_\_\_
- Average LH: \_\_\_\_\_
- Average Estrogen: \_\_\_\_\_
- Average Progesterone: \_\_\_\_\_
- Average Testosterone: \_\_\_\_\_
- Notes/Symptoms: \_\_\_\_\_

## Week 2 (Days 8-14)

- Average FSH: \_\_\_\_\_
- Average LH: \_\_\_\_\_
- Average Estrogen: \_\_\_\_\_
- Average Progesterone: \_\_\_\_\_
- Average Testosterone: \_\_\_\_\_
- Notes/Symptoms: \_\_\_\_\_

## Week 3 (Days 15-21)

- Average FSH: \_\_\_\_\_
- Average LH: \_\_\_\_\_
- Average Estrogen: \_\_\_\_\_
- Average Progesterone: \_\_\_\_\_
- Average Testosterone: \_\_\_\_\_
- Notes/Symptoms: \_\_\_\_\_

## Week 4 (Days 22-28/30)

- Average FSH: \_\_\_\_\_
- Average LH: \_\_\_\_\_
- Average Estrogen: \_\_\_\_\_
- Average Progesterone: \_\_\_\_\_
- Average Testosterone: \_\_\_\_\_
- Notes/Symptoms: \_\_\_\_\_

## Physician's Notes and Recommendations

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

## Patient Acknowledgment

- I have reviewed the hormone cycle chart and understand the information provided.

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_