# HORMONE CHART

**Patient Name:**

**Date of Birth:**

**Contact Information:**

**Additional Notes:**

| Phase | Typical hormonal activity (non-pregnant patient) |
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| Follicular | High FSH during early follicular stage, then declines till ovulation<br>Low LH during early follicular stage, then increases till ovulation<br>low estrogen during early follicular stage, then increases till ovulation<br>low progesterone |
| Ovulation | low estrogen<br>high LH<br>Decreasing FSH |
| Luteal | Increasing progesterone at the beginning of the phase, decreasing by the end of the cycle.<br>small increase in estrogen.<br>decrease in FSH and LH |

| Date | Symptoms present | Suspected hormonal activity | Suspected phase |
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**Observations and Further Steps:**