

HORMONE CHART

Patient Name:

Date of Birth:

Contact Information:

Additional Notes:

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

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