



# Quick Self Assessment:

## Are Your Hormones Slowing Your Weight Loss?



Prime  
Wellness



Take this short quiz to see if hormone imbalance may be affecting your metabolism, energy, and ability to lose weight.

Check all that apply:



Prime  
Wellness



### **Section 1: Energy & Mood**

- I feel tired even after a full night's sleep
- I rely on caffeine or sugar to get through the day
- I feel irritable, moody, or easily overwhelmed
- I struggle with motivation, even when I'm eating well and exercising

### **Section 2: Weight & Metabolism**

- I'm gaining weight even though my habits haven't changed
- I can't lose weight no matter what diet I try
- My weight sticks in my midsection, hips, or thighs
- I feel "puffy," swollen, or inflamed

### **Section 3: Cravings & Appetite**

- I crave carbs, sugar, or salty snacks
- I feel hungry again shortly after eating
- My appetite is unpredictable — ravenous some days, low others
- I binge or emotionally eat during stress or fatigue

### **Section 4: Sleep & Stress Response**

- I have trouble falling or staying asleep
- I wake up between 2–4 a.m.
- I feel wired at night but exhausted in the morning
- Stress hits me harder than it used to

### **Section 5: Physical Changes**

- My hair is thinning or shedding more than usual
- My skin feels dry or dull
- I'm experiencing bloating, constipation, or digestion issues
- My recovery from workouts feels slower



## **Section 6: Menstrual / Testosterone Clues**

(Choose the section that applies to you)

### *For Women*

- My cycle is irregular, heavier, or more painful
- PMS or PMDD feels worse than it used to
- My libido has noticeably changed
- I feel more anxious around my cycle

### *For Men*

- My strength, stamina, or muscle mass has dropped
- My libido has decreased
- My mood feels flat or unmotivated
- My recovery time after workouts is longer





## Your Score

### 0–5 Checks:

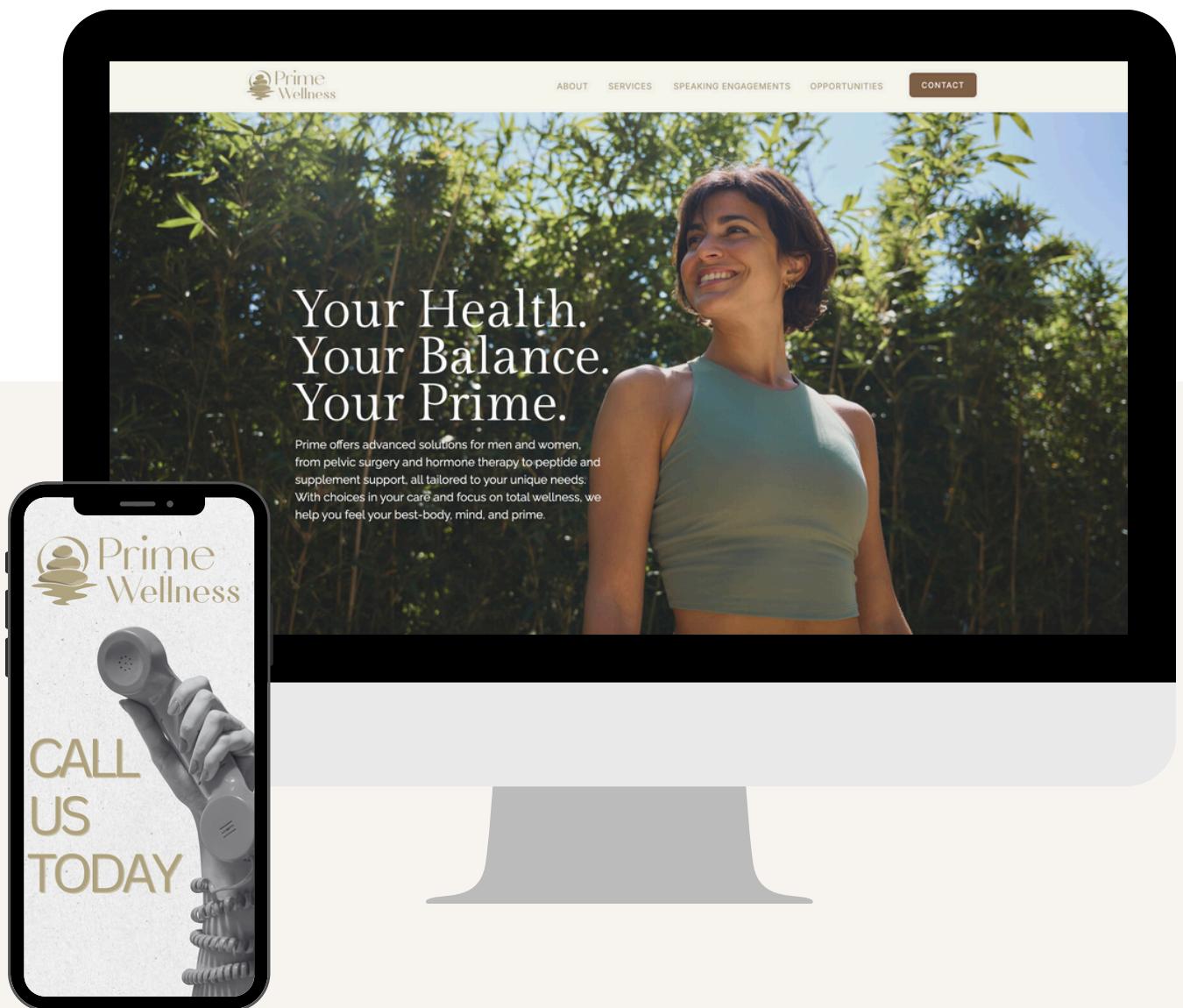
Your symptoms are mild. Hormones may not be the main issue, but simple lifestyle adjustments could reset your metabolism.

### 6–12 Checks:

Moderate signs of hormone imbalance. You may be experiencing changes in cortisol, thyroid, insulin, or sex hormones that affect weight and energy.

### 13+ Checks:

Strong indicators of hormone disruption. A functional hormone evaluation can help identify what's driving the resistance.



## **Next Step: Get a Personalized Hormone + Weight Loss Review**

If several of these statements sound familiar, you're not alone — and you don't have to guess what's going on.

At Prime Wellness, we help men and women uncover the root cause of stubborn weight, fatigue, stress, and sleep changes through advanced hormone testing, metabolic panels, and personalized treatment plans.

**LET'S RESET YOUR HORMONES AND REBOOT YOUR METABOLISM.  
SCHEDULE YOUR CONSULTATION TODAY**

**405-259-5253**