DIAGNOSIS	Yes	No
KIDNEY DEFICIENCY/YIN (Ki Yin–)		
Do you have lower back weakness, soreness or pain, or knee problems?	❒	❒
Do you have ringing in your ears or dizziness?	❒	❒
Is your hair prematurely gray?	❒	❒
Do you have vaginal dryness?	❒	❒
Is your mid-cycle fertile cervical mucus scanty or missing?	❒	❒
Do you urinate frequently?	❒	❒
Do you have dark circles around or under your eyes?	❒	❒
Do you have night sweats?	❒	❒
Are you prone to hot flashes?	❒	❒
Would you describe yourself as afraid a lot?	❒	❒
Is your tongue lacking in coating? Does it appear shiny or peeled?	❒	❒

DIAGNOSIS	Yes	No
KIDNEY DEFICIENCY/YANG (Ki Yan–)		
Do you have lower back pain premenstrually?	❒	❒
Is your low back sore or weak?	❒	❒
Are your feet cold, especially at night?	❒	❒
Are you typically colder in nature than those around you?	❒	❒
Is your libido low?	❒	❒
Are you often fearful?	❒	❒
Do you wake up at night or early morning because you have to urinate?	❒	❒
Do you urinate frequently, and is the urine dilute and/or profuse?	❒	❒
Do you have early morning loose, urgent stools?	❒	❒
Do you have profuse vaginal discharge?	❒	❒
Does your menstrual blood tend to be dull in color?	❒	❒
Do you feel cold cramps during your period that respond to a heating pad?	❒	❒
Is your tongue pale and moist?	❒	❒

DIAGNOSIS	**Yes**	**No**
SPLEEN DEFICIENCY (Sp–)		
Are you often fatigued?	❒	❒
Do you have poor appetite?	❒	❒
Is your energy lower after a meal?	❒	❒
Do you feel bloated after eating?	❒	❒
Do you crave sweets?	❒	❒
Do you have loose stools, abdominal pain, or digestive problems?	❒	❒
Are your hands and feet cold?	❒	❒
Is your nose cold?	❒	❒
Are you prone to feeling heavy or sluggish?	❒	❒
Are you prone to feeling heaviness or groggy in the head?	❒	❒
Do you bruise easily?	❒	❒
Do you think you have poor circulation?	❒	❒
Do you have varicose veins?	❒	❒
Are you lacking strength in your arms and legs?	❒	❒
Are you lacking in exercise?	❒	❒
Are you prone to worry?	❒	❒
Have you been diagnosed with low blood pressure?	❒	❒
Do you sweat a lot without exerting yourself?	❒	❒
Do you feel dizzy, lightheaded, or have visual changes when you stand up fast?	❒	❒
Is your menstruation thin, watery, profuse or pinkish in color?	❒	❒
Are you more tired around ovulation or menstruation?	❒	❒
Do you ever spot a few days or more before your period comes?	❒	❒
Have you ever been diagnosed with uterine prolapse?	❒	❒
Are your menstrual cramps accompanied by a bearing down sensation on your uterus?	❒	❒
Are you often sick or do you have allergies?	❒	❒
Have you been diagnosed with hypothyroid or anemia?	❒	❒
Do you have hemorrhoids or polyps?	❒	❒
Does your tongue look swollen, with teeth marks on the sides?	❒	❒
Do you have a pale, yellowish complexion?	❒	❒

DIAGNOSIS	**Yes**	**No**
BLOOD DEFICIENCY (Bl–)		
(this category does not necessarily equate with anemia)		
Are your menses scanty and/or late?	❒	❒
Do you have dry, flaky skin?	❒	❒
Are you prone to getting chapped lips?	❒	❒
Are your fingernails or toenails brittle?	❒	❒
Are you losing hair on your head (not in patches, but all over)?	❒	❒
Is your hair brittle or dry?	❒	❒
Do you have diminished nighttime vision?	❒	❒
Do you get dizzy or lightheaded around your period?	❒	❒
Are your lips, the inner side of your lower eyelids, or tongue pale in color?	❒	❒

DIAGNOSIS	**Yes**	**No**
BLOOD STASIS (Bl X)		
(often associated with blood deficiency symptoms)		
Is your menstrual flow ever brown or black in color?	❒	❒
Do you feel midcycle pain around your ovaries?	❒	❒
Do you have painful, unmovable breast lumps?	❒	❒
Do you experience periodic numbness of your hands and feet (especially at night)?	❒	❒
Do you have varicose or spider veins?	❒	❒
Do you have red hemangiomas (cherry red spots) on your skin?	❒	❒
Does your complexion appear dark and "sooty" or dirty?	❒	❒
Do you have chronic hemorrhoids?	❒	❒
Does your menstrual blood contain clots?	❒	❒
Have you been diagnosed with endometriosis or uterine fibroids?	❒	❒
Is your lower abdomen tender to palpation (resisting touch)?	❒	❒
Can you feel any abnormal lumps in your lower abdomen?	❒	❒
Do you have piercing or stabbing menstrual cramps?	❒	❒
Does your tongue look very dark?	❒	❒
Do you have dark spots on your tongue?	❒	❒
Are the veins beneath your tongue twisty and tortuous?	❒	❒
Do you see dark spots in your eyes?	❒	❒
Have you been diagnosed with any vascular abnormality or blood clotting disorder?	❒	❒

DIAGNOSIS	**Yes**	**No**
LIVER QI STAGNATION (Lv Qi X)		
Are you prone to emotional depression?	❒	❒
Are you prone to anger and/or rage?	❒	❒
Do you become irritable premenstrually?	❒	❒
Do you feel irritable around ovulation?	❒	❒
Does it feel like your ovulation lasts longer than it should?	❒	❒
Are your breasts sensitive/sore at ovulation?	❒	❒
Do you experience nipple pain or discharge from your nipples?	❒	❒
Do you have a lot of premenstrual breast distention or pain?	❒	❒
Have you been diagnosed with elevated prolactin levels?	❒	❒
Do you become bloated premenstrually?	❒	❒
Are your pupils usually dilated and large?	❒	❒
Do you have difficulty falling asleep at night?	❒	❒
Do you experience heartburn or wake up with a bitter taste in your mouth?	❒	❒
Are your menses painful?	❒	❒
Do you feel your menstrual cramps in the external genitalia?	❒	❒
Is the menstrual blood thick and dark or purplish in color?	❒	❒
Is your tongue dark or purplish in color?	❒	❒

DIAGNOSIS	**Yes**	**No**
HEART DEFICIENCY (Ht–)		
(often associated with heat signs)		
Do you wake up early in the morning and can't get back to sleep?	❒	❒
Do you get heart palpitations, especially when anxious?	❒	❒
Do you have nightmares?	❒	❒
Do you seem low in spirit or lacking in vitality?	❒	❒
Are you prone to agitation or extreme restlessness?	❒	❒
Do you fidget?	❒	❒
Is the tip of your tongue red?	❒	❒
Is there a crack in the center of your tongue that extends to the tip?	❒	❒

DIAGNOSIS	**Yes**	**No**
EXCESS HEAT (^H)		
Is your pulse rate rapid?	❒	❒
Are your mouth and throat usually dry?	❒	❒
Are you thirsty most of the time?	❒	❒
Do you crave icy, cold drinks?	❒	❒
Do you often feel warmer than those around you?	❒	❒
Do you wake up sweating?	❒	❒
Do you break out with red acne (especially premenstrually?)	❒	❒
Do you have a short menstrual cycle?	❒	❒
Do you have vaginal irritation or rashes?	❒	❒

DIAGNOSIS	**Yes**	**No**
DAMPNESS (D) (includes Phlegm – condensed dampness)		
Do you feel tired and sluggish after a meal?	❒	❒
Do you have fibrocystic breasts?	❒	❒
Do you have cystic or pustular acne?	❒	❒
Do you have urgent, bright, or foul smelling stools?	❒	❒
Does your menstrual blood contain stringy tissue or mucus?	❒	❒
Are you prone to yeast infections and vaginal itching?	❒	❒
Do your joints ache, especially with movement?	❒	❒
Are you overweight?		
Do you have a wet, slimy tongue?	❒	❒

DIAGNOSIS	**Yes**	**No**
DAMP HEAT (DH)		
Do you have signs of heat and/or dampness as indicated earlier?	❒	❒
Do you have foul smelling, yellow or greenish vaginal discharge?	❒	❒
Are you prone to vaginal and/or rectal itching during your luteal or premenstrual phase?	❒	❒

DIAGNOSIS	**Yes**	**No**
COLD UTERUS (CW)		
Do You fit the Kidney Yang deficiency category?	❒	❒
Do you fall into the Blood stasis pattern?	❒	❒
Does your lower abdomen feel cooler to the touch than the rest of your trunk?	❒	❒