



The Midlife Vitality Assessment Is It Menopause?

This self-assessment is designed to help you reflect on common symptoms and wellness patterns that may be associated with perimenopause, menopause, and beyond.

Instructions: Rate each item from 0–3.

0 = Never 1 = Occasionally 2 = Frequently 3 = Often/Severely

Physical Symptoms

- Hot flashes or sudden feelings of warmth 0 1 2 3
- Night sweats 0 1 2 3
- Weight gain or difficulty losing weight 0 1 2 3
- Joint aches or stiffness 0 1 2 3
- Changes in skin, hair, or nails 0 1 2 3
- Vaginal dryness or discomfort 0 1 2 3

Sleep & Energy

- Difficulty falling asleep 0 1 2 3
- Waking during the night 0 1 2 3
- Waking unrefreshed 0 1 2 3
- Afternoon fatigue or energy crashes 0 1 2 3

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Mood & Mental Clarity

Anxiety or feeling on edge 0 1 2 3

Mood swings 0 1 2 3

Irritability 0 1 2 3

Brain fog or forgetfulness 0 1 2 3

Difficulty concentrating 0 1 2 3

Lifestyle & Wellness

High stress levels 0 1 2 3

Inconsistent exercise routine 0 1 2 3

Frequent sugar or carbohydrate cravings 0 1 2 3

Feeling disconnected from yourself 0 1 2 3

Difficulty prioritizing self-care 0 1 2 3

Circle any category where you scored 8 or more points:

Physical Symptoms

Sleep & Energy

Mood & Mental Clarity

Lifestyle & Wellness

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What Your Pattern May Be Telling You

Sleep & Energy Highest

Your sleep patterns may be influencing many of your other symptoms.

Mood & Mental Clarity Highest

Stress, hormonal fluctuations, and nervous system balance may deserve closer attention.

Physical Symptoms Highest

Your body may be expressing underlying hormonal and lifestyle changes through physical symptoms.

Lifestyle & Wellness Highest

Small daily habits may be creating bigger impacts than you realize.

Total score _____

0–15 Points

Mild Midlife Changes

You may be experiencing occasional symptoms associated with perimenopause, menopause, stress, or lifestyle changes.

Focus Areas:

- Sleep habits
- Stress management
- Nutrition quality
- Physical activity

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Next Step: Continue monitoring your symptoms and focusing on the above areas and complete this assessment again in 3–6 months.

16–30 Points

Your Body May Be Asking for More Support

You're experiencing several symptoms that may be affecting your daily quality of life.

You may notice:

- Reduced energy
- Interrupted sleep
- Increased stress
- Mood changes
- Difficulty maintaining previous wellness habits

Focus Areas:

- Sleep restoration
- Blood sugar balance
- Stress resilience
- Foundational nutrition

Reflection Question: What symptom is having the greatest impact on your life right now?

Next Step: You *may* not need the Return to Yourself program yet. However, rather than trying another random supplement or internet recommendation, schedule a Midlife Vitality Clarity Call with Dr. Karen. We'll discuss your symptoms, health history, and goals to determine the most effective starting point.

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31–45 Points

Significant Symptom Burden

Your responses suggest that multiple systems in your body may be under stress simultaneously. Many women in this range feel frustrated because they've tried individual solutions without seeing lasting improvement.

Women in this range often report:

- Feeling unlike themselves
- Frustration with conflicting advice
- Difficulty finding lasting solutions
- A growing sense that symptoms are affecting relationships, work, and confidence

Remember: Just because symptoms are common does not mean they should be ignored.

Reflection Question: If these symptoms improved, what would change most in your life?

Next Step: You deserve a more comprehensive approach. Schedule a Discovery Call and consider the Return to Yourself program.

46–60 Points

It's Time to Prioritize You

Your assessment indicates a substantial symptom burden that may be significantly affecting your well-being and quality of life. You deserve support, answers, and a plan that addresses the whole picture—not just individual symptoms.

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Many women in this range describe feeling:

- Exhausted
- Overwhelmed
- Discouraged
- Disconnected from themselves

The good news?

Small, intentional changes often create meaningful momentum when guided by a personalized approach.

Next Step: This is an ideal time to seek personalized support. Join the Return to Yourself program so we can review your results, discuss your goals, and help you reclaim your vitality.

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