



GUT HEALTH SELF-ASSESSMENT

Identify Hidden Patterns Impacting Digestion, Hormones & Inflammation

Sugar Free Mom Tribe — Midlife Gut Reset Resource

Midlife Gut • Hormone • Metabolism Evaluation

Instructions:

Review each section and check any symptoms you've experienced in the past **2–3 months**.

This is not a diagnostic tool. It is a pattern-recognition tool to help identify areas that may benefit from support.

DIGESTIVE FUNCTION

- ☐ Frequent bloating or abdominal distention, especially after meals
- ☐ Gas, belching, or discomfort when eating high-fiber foods
- ☐ Constipation (fewer than one complete bowel movement daily)
- ☐ Loose stools or urgency (more than 2–3 times per day)
- ☐ Alternating between constipation and loose stools
- ☐ Undigested food particles or oily film visible in stool
- ☐ Feeling uncomfortably full long after eating small meals
- ☐ Reflux, heartburn, or sour taste after eating

☐ Strong cravings for sugar or refined carbohydrates

☐ Persistent bad breath or white coating on tongue

May indicate:

Low digestive enzyme production, reduced stomach acid, bacterial imbalance, food sensitivities, sluggish bile flow, or estrogen-related digestive changes.

MICROBIOME BALANCE

☐ Bloating that does not improve after passing gas

☐ Symptoms worsen with probiotics or high-fiber foods

☐ Recurrent yeast infections, UTIs, or vaginal infections

☐ Intense cravings for sugar, alcohol, or processed foods

☐ Digestive upset from onions, garlic, apples, or FODMAP foods

☐ Skin issues (acne, eczema, rosacea) linked to digestion

☐ Joint stiffness or body aches after certain meals

☐ Antibiotic use within the past 12 months

☐ Increased sensitivity to foods previously tolerated

May indicate:

Dysbiosis (microbial imbalance), small intestinal bacterial overgrowth (SIBO), loss of keystone bacteria, or disrupted bile acid metabolism.

GUT-HORMONE CONNECTION

☐ Hot flashes worsen after large meals or alcohol

☐ PMS-like symptoms persist or worsen in perimenopause

☐ Bowel patterns shift with menstrual cycle or HRT adjustments

- ☐ Anxiety, irritability, or sleep disruption linked to digestion
- ☐ Fluid retention or bloating that cycles monthly
- ☐ Unexplained weight gain around midsection
- ☐ Signs of estrogen dominance (breast tenderness, headaches, mood swings)
- ☐ Worsening menopausal symptoms despite hormone therapy

May indicate:

Compromised estrobolome (gut bacteria that metabolize estrogen), inadequate fiber for hormone elimination, or sluggish detoxification pathways.

METABOLIC & SYSTEMIC SYMPTOMS

- ☐ Fatigue or energy crash after meals
- ☐ Afternoon brain fog
- ☐ Difficulty losing weight despite a “clean” diet
- ☐ Elevated fasting glucose or signs of insulin resistance
- ☐ New food sensitivities after age 40
- ☐ Dry skin, brittle nails, or hair thinning
- ☐ Mood changes after high-carbohydrate meals
- ☐ Frequent infections or slow illness recovery

May indicate:

Intestinal permeability (“leaky gut”), insulin resistance, mitochondrial dysfunction, or reduced short-chain fatty acid production.

LIFESTYLE & HEALTH HISTORY

- ☐ Chronic stress or poor sleep (less than 7 hours nightly)

- ☐ Irregular eating patterns or frequent meal skipping
- ☐ Low fiber intake (less than 25g daily)
- ☐ Rarely consume fermented or probiotic-rich foods
- ☐ Sedentary lifestyle with minimal post-meal movement
- ☐ Long-term use of acid blockers (PPIs) or NSAIDs
- ☐ Current or recent antibiotic use
- ☐ Recently started or adjusted hormone replacement therapy
- ☐ History of restrictive dieting or eating disorders

May indicate:

Stress-driven gut dysfunction, impaired motility, reduced microbial diversity, suppressed stomach acid, or nervous system dysregulation impacting digestion.



YOUR PERSONALIZED SCORING GUIDE

Now count your total checkmarks across **all five sections combined**.

0–8 CHECKMARKS

MAINTENANCE PHASE

Your gut–hormone balance appears relatively resilient.

Focus on:

- 25–30g daily fiber
- Adequate protein intake
- Post-meal movement
- Hydration (half your body weight in ounces daily)
- Stress management and 7+ hours of sleep

- Reassess every 3–6 months

Goal: Maintain and optimize.

9–16 CHECKMARKS

EARLY INTERVENTION PHASE

Signs of emerging dysbiosis or reduced digestive capacity.

Focus on:

- Remove inflammatory triggers
- Foundational probiotic support/Probiotic Challenge
- Digestive enzyme support if indicated
- Increased prebiotic foods
- Improved stress regulation
- Consistent meal timing

Optional:

- Basic stool testing
- Food sensitivity screening

Goal: Stabilize and correct early imbalance.

17+ CHECKMARKS

COMPREHENSIVE SUPPORT PHASE

Moderate to significant gut imbalance likely present.

Consider:

- Comprehensive stool analysis (GI-MAP or similar)
- Working with a functional practitioner

- Structured 5R protocol
- Personalized microbiome restoration
- Coordinating gut healing with hormone optimization if needed

Goal: Structured restoration and deeper investigation.



Important Perspective

This assessment is not a diagnosis.

It is a clarity tool.

Your gut is dynamic.

Your microbiome can shift.

Your score can improve.

The purpose of this exercise is awareness — not fear.

Gut healing is foundational work.

And it begins with understanding.

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