

# ADRENAL FATIGUE QUICK CHECK

Patient name \_\_\_\_\_

Date \_\_\_\_\_

Rate the following from 0 to 5, with 0 being no problem and 5 being a severe problem.

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| 1. _____ Difficulty getting up in the morning                              | 15. _____ Increased PMS  |
| 2. _____ Continuing fatigue, not relieved by sleep and rest                | 16. _____ Symptoms worsen if meals are skipped or inadequate   |
| 3. _____ Lethargy, lack of energy to do normal daily activities            | 17. _____ Thoughts are less focused, brain fog   |
| 4. _____ Sugar cravings  | 18. _____ Memory is poorer   |
| 5. _____ Salt cravings   | 19. _____ Decreased tolerance for stress, noise, disorder  |
| 6. _____ Allergies   | 20. _____ Don't really wake up until after 10:00 A.M.  |
| 7. _____ Digestion problems  | 21. _____ Afternoon low between 3:00 P.M. and 4:00 P.M.  |
| 8. _____ Increased effort needed for everyday tasks                        | 22. _____ Feel better after supper   |
| 9. _____ Decreased interest in sex   | 23. _____ Get a "second wind" in the evening, and stay up late   |
| 10. _____ Decreased ability to handle stress                               | 24. _____ Decreased ability to get things done—less productive   |
| 11. _____ Increased time needed to recover from illness, injury or traumas | 25. _____ Have to keep moving—if I stop, I get tired.  |
| 12. _____ Light-headed or dizzy when standing up quickly                   | 26. _____ Feeling overwhelmed by all that needs to be done   |
| 13. _____ Low mood   | 27. _____ It takes all my energy to do what I have to. There's none left over for anything or anyone else. |
| 14. _____ Less enjoyment or happiness with life                            |  |

Total \_\_\_\_\_

A score of 20-40 suggests mild adrenal stress; 40-70 suggests moderate adrenal fatigue; and over 70 suggests significant adrenal fatigue problems.