



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 am |
| 7. ___ Digestion problems | 21. ___ Afternoon low between 3:00-4:00 pm |
| 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 trauma | 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 more than 70 suggests significant adrenal fatigue problems.