

## 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.

- |         |  |         |  |
|---------|--|---------|--|
| 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.