



## Adrenal Fatigue Quick Check

NAME \_\_\_\_\_

Rate the following on a scale of 0 to 5, with 0 being “not present” and 5 being “severe.”

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

\_\_\_ Total

- ❖ A score of 20 to 40 suggests mild adrenal stress
- ❖ 40 to 70 suggests moderate fatigue
- ❖ over 70 suggests significant adrenal fatigue problems