ADRENAL FATIGUE QUICK CHECK

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
2. ____ Continuing fatigue, not relieved by sleep and rest
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 illness, injury or traumas
12. ____ Light-headed or dizzy when standing up quickly
13. ____ Low mood
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 p.m. and 4:00 p.m.
22. ____ Feel better after supper.
23. ____ Get a “second wind” in the evening, and stay up late
24. ____ Decreased ability to get things done, less productive
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. There’s none left over for anything or anyone else.

Total____

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