

ADRENAL FATIGUE QUICK CHECK

(Some of the following list is from the book *Adrenal Fatigue* by James Wilson)

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
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 A.M.
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;
over 70 suggests significant adrenal fatigue problems.