

ADENAL FATIGUE QUICK CHECK

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

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 are worse 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 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. ___ I takes all my energy to do what I have to do. There's none left over for anything or anyone

Total _____

A Score of 20-40 suggest mild adrenal stress:
40-70 suggests moderate adrenal fatigue;
Over 70 suggests significant adrenal fatigue problems

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