

HYPOTHYROID QUICK CHECK

Client Name _____

Date _____

Rate the following on a scale of 0 through 5, with 0 being not present, and 5 being severe

1. _____ Fatigue
2. _____ Muscle aches and pains
3. _____ Joint pains
4. _____ Fibromyalgia
5. _____ Feelings of weakness
6. _____ Lethargy, or loss of interest in daily activities
7. _____ Memory loss
8. _____ Concentration difficulties
9. _____ Mental sluggishness
10. _____ Low moods
11. _____ Depression
12. _____ Cold hands and feet
13. _____ Feel cold a lot
14. _____ Tendency towards constipation
15. _____ Weight gain
16. _____ Sweet and carb cravings
17. _____ Low blood sugar/hypoglycemia
18. _____ menstrual problems
19. _____ Heaving bleeding during Menses
20. _____ Repeated colds and flu
21. _____ Skin problems (itching, eczema, psoriasis, acne or coarse, dry scaly skin)
22. _____ Low or high blood pressure
23. _____ Do not perspire easily
24. _____ Hoarse voice
25. _____ Feeling of fullness in neck
26. _____ Swelling of the eyelids/puffy around eyes
27. _____ Edema
28. _____ Can see teeth indentations around edge of my tongue (enlarged tongue)
29. _____ Hair loss
30. _____ Dry, coarse hair
31. _____ Loss of outer 1/3 of eyebrows
32. _____ I have about as many mental and emotional symptoms as physical symptoms

_____ Total

A score of 20-40 suggests mild hypothyroidism; 40-70 suggests moderate hypothyroidism; over 70 suggest significant hypothyroid problems

These hypothyroid problems may not be thyroid disease, but part of the Hidden Hypothyroid Epidemic-a common consequence of Adrenal Fatigue Syndrome