

# ADRENAL FATIGUE QUICK CHECK

(Some of the following list is from 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.

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| _____ Difficulty getting up in the morning                             | _____ Increased PMS  |
| _____ Continuing fatigue, not relieved by sleep and rest               | _____ Symptoms worsen if meals are skipped or inadequate     |
| _____ Lethargy, lack of energy to do normal daily activities           | _____ Thoughts are less focused, brain fog                   |
| _____ Sugar cravings   | _____ Memory is poor   |
| _____ Salt cravings  | _____ Decreased tolerance for stress, noise, disorder        |
| _____ Allergies  | _____ Don't really wake up until after 10:00 a.m.            |
| _____ Digestion problems   | _____ Afternoon low between 3:00 p.m. and 4:00 p.m.          |
| _____ Increased effort needed for everyday tasks                       | _____ Feel better after supper                               |
| _____ Decreased interest in sex  | _____ Get a "second wind" in the evening and stay up late    |
| _____ Decreased ability to handle stress                               | _____ Decreased ability to get things done – less productive |
| _____ Increased time needed to recover from illness, injury or traumas | _____ Have to keep moving – if I stop, I get tired           |
| _____ Light-headed or dizzy when standing up quickly                   | _____ Feeling overwhelmed by all that needs to be done       |
| _____ Low mood   | _____ It takes all my energy to do what I have to.           |
| _____ Less enjoyment or happiness with life                            | _____ There's none left over for anything or anyone else.    |
|  | _____ TOTAL  |

A score of 20-40 suggest mild adrenal stress;  
40-70 Suggest moderate adrenal fatigue;  
Over 70 significant adrenal problems.