

Adrenal Fatigue Quick Check

Rate the following from 0 to 5, with 0 being no problem and 5 being a severe problem.

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| 1. _____ Difficulty getting up in the morning | 16. _____ Symptoms worsen if meals are skipped or inadequate |
| 2. _____ Continuing fatigue, not relieved by sleep and rest | 17. _____ Thoughts are less focused, brain fog |
| 3. _____ Lethargy, lack of energy to do normal daily activities | 18. _____ Memory is poorer |
| 4. _____ Sugar cravings | 19. _____ Decreased tolerance for stress, noise, disorder |
| 5. _____ Salt cravings | 20. _____ Don't really wake up until after 10:00 A.M. |
| 6. _____ Allergies | 21. _____ Afternoon low between 2-4 PM |
| 7. _____ Digestion problems | 22. _____ Feel better after supper |
| 8. _____ Increased effort needed for everyday tasks | 23. _____ Get a "second wind" in the evening, and stay up late |
| 9. _____ Decreased interest in sex | 24. _____ Decreased ability to get things done - less productive |
| 10. _____ Decreased ability to handle stress | 25. _____ Have to keep moving - if I stop, I get tired |
| 11. _____ Increased time needed to recover from illness, injury, or traumas | 26. _____ Feelings overwhelmed by all that needs to be done |
| 12. _____ Light-headed or dizzy when standing up quickly | 27. _____ It takes all my energy to do what I have to do. There's none leftover for anything or anyone else. |
| 13. _____ Low mood, blah, less happy than normal | |
| 14. _____ Less enjoyment or happiness with life | |
| 15. _____ Increased PMS | |

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