

# 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.