

ADRENAL FATIGUE QUICK CHECK  
(Some of the following listis from Adrenal Fatigue by James Wilson)

Client name: \_\_\_\_\_ Date \_\_\_\_\_

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 or rest                 | 17. ___ Thoughts are less focused, brain fog  |
| 3. ___ Lethergy, lack of energy to do Normal daily activities            | 18. ___ Memory poor   |
| 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 3:00-4:00 P.M.  |
| 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. ___ Feeling 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. There's none left over for anything or snyone else |
| 13. ___ Low mood   |   |
| 14. ___ Less enjoyment or happiness with Life                            |   |
| 15. Increased PMS  |   |
|  | TOTAL _____   |

A score of 20-40 suggests mild adrenal distress;  
40-70 suggests moderate adrenal fatigue;  
Over 70 suggests significant adrenal fatigue problems.