

Adrenal Fatigue and Dysfunction Checklist

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 rest and sleep
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
12. _____ Light headed or dizzy when standing up quickly
13. _____ Low mood
14. _____ Less enjoyment or happiness with life
15. _____ Increased PMS
16. _____ Symptoms are worse if meals are skipped
17. _____ Thoughts are less focused, brain fog
18. _____ Memory is poorer
19. _____ Decreased tolerance for noise, disorder
20. _____ Don't really wake up until after 10:00am
21. _____ Afternoon low between 3:00pm and 4:00pm
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 for anything else.

A score of 20-40 suggests mild Adrenal stress, 40-70 moderate, and over 70 severe.