



Insulin Resistance Assessment Scorecard

Name							
Based upon your health profile for the past 30 days , please select the appropriate number, from '0 - 3' on all questions (0 as least/never/no and 3 as most/always/yes). Check the number you feel best applies, then add the number of checks in each column to create your score.							
Point Scale: 0 = Never or almost never have the experience/effect. 1 = Mild experiences/effects 2 = Moderate experiences/effects 3 = Severe/chronic experiences/effects For all yes/no questions, 0 = no and 3 = yes							
Insulin Resistance Symptom Questions				0	1	2	3
Crave sweets							
Binge or uncontrolled eating							
Excessive appetite							
Crave coffee or sugar in the afternoon							
Sleepy in afternoon							
Fatigue that is relieved by eating							
Fatigue after meals							
Headache or shaky if meals are skipped or delayed							
Irritable before meals							
Family members with diabetes: 0 = none 1 = 2 or less 2 = between 2 and 4 3 = more than 4							
Increased thirst and appetite							
Frequent urination							
Slow starter in the morning							
Eating sweets does not relieve cravings for sugar							
Must have sweets after meals							
Waist girth is equal to or larger than hip girth							
Insulin Resistance Symptom Questions				0	1	2	3
Difficulty losing weight							
Crave sweets during the day							



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Irritable if meals are missed				
Depend on coffee to keep yourself going or to get started				
Get lightheaded if meals are missed				
Feel shaky, jittery, tremors				
Agitated, easily upset, nervous				
Poor memory, forgetful				
Blurred vision				
Difficult time losing weight despite exercising regularly				
Eat meals that emphasize bread, pasta, rice or potatoes: 0 = rarely or never 1 = once a week or less 2 = between 1 and 3 times per week 3 = 3 or more times per week				
Total for Each Column (number of checkmarks x value)				
Grand Total /81				

0-10% - Overall good blood sugar balance. Sound nutrition and healthy habits will maintain good balance.

11-20% - In need of a tune up to restore blood sugar balance before serious illness sets in. Diet and lifestyle improvements should shift to normal.

21-35% - Your blood sugar is out of balance and needs attention.

36-50% - Your blood sugar balance is very compromised and this is likely to significantly affect your state of health, well-being, and energy level.

51-100% - Your blood sugar balance is severely compromised and require immediate attention.