

Adrenal Fatigue Assessment Questionnaire

The adrenal glands produce certain hormones in response to stress. They are responsible for the 'fight or flight' response. Adrenal dysfunction is probably the least recognized contributor to why people feel fatigued. Adrenal exhaustion is a byproduct of modern living (constant stress) and if it goes unnoticed it can contribute to the downward spiral toward metabolic syndrome and a host of other illnesses.

Please read the following questions and circle the number that best applies.

Key: 0 = No, symptom does not occur
1 = Yes, minor or mild symptoms, rarely occurs (monthly)
2 = Moderate symptom, occurs occasionally (weekly)
3 = Severe symptom, occurs frequently (daily)

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|-----|---------|--|
| 1. | 0 1 2 3 | Difficulty falling asleep |
| 2. | 0 1 2 3 | Slow starter in the morning – Waking up tired |
| 3. | 0 1 2 3 | Tend to be keyed up, trouble calming down. Nervousness |
| 4. | 0 1 2 3 | Headaches after exercising |
| 5. | 0 1 2 3 | Difficulty staying asleep |
| 6. | 0 1 2 3 | Aches and pains |
| 7. | 0 1 2 3 | Crave salty foods |
| 8. | 0 1 2 3 | Feeling fatigued through the day |
| 9. | 0 1 2 3 | Allergic conditions |
| 10. | 0 1 2 3 | Susceptibility to infections |
| 11. | 0 1 2 3 | Elevated triglycerides |
| 12. | 0 1 2 3 | Anxiety |
| 13. | 0 1 2 3 | Autoimmune illness |
| 14. | 0 1 2 3 | Blood sugar imbalance |
| 15. | 0 1 2 3 | Feeling forgetful, fuzzy, or absent minded |
| 16. | 0 1 2 3 | Become dizzy when standing up suddenly |

To calculate your symptom burden: Add up the total number of symptom points and divide by 16. If your symptom burden is greater than 1 then you may want to discuss your symptoms with your primary care provider or see our nutritional products to support "Adrenal Health".

You may also want to do a stress inventory: Stressed Out: Let's See.