



Trinity Holistic Wellness
Respite for your mind, body and soul

Adrenal Fatigue Questionnaire

Do you feel tired all the time? Maybe you get plenty of sleep and just don't feel rested. Or maybe you have trouble sleeping. Low energy? Difficulty thinking or focusing? These are all symptoms of Adrenal Fatigue.

Take our Adrenal Fatigue test and see how you score!

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; and over 70 suggests significant adrenal fatigue problems.

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