



Chiropractic & Nutrition

337-478-1313

www.dreicsnow.com

Adrenal Fatigue Quick Check

Rate the following from 0 to 5, with 0 being no problem and 5 being a severe problem.

1. ___ Difficulty getting up in AM
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
12. ___ Light-headed or dizziness when standing up quickly
13. ___ Low mood
14. ___ Less enjoyment or happiness
15. ___ Increased PMS symptoms
16. ___ Symptoms worsen if meals skipped or inadequate
17. ___ Thoughts are less focused, brain fog
18. ___ Memory is poorer
19. ___ Decreased tolerance to stress, noise, disorder
20. ___ Don't really wake up til 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, stay up late
24. ___ Decreased ability to get things done-less productive
25. ___ Hard 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 do. There's with life none left over for anything or anyone else

TOTAL _____

A score of 20 – 40 suggests mild adrenal stress; 40 – 70 suggests moderate adrenal fatigue; over 70 suggests significant adrenal fatigue problems

Start building your health today! Call our office 337-478-1313 – See how we can help.