

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 am
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. ___ Must 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 needs to be done. There's none left over for anything or anyone else.

Total Score _____

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

The above information is for educational purposes only and is not meant to be diagnostic or prescriptive. For disease treatment please seek the advice of your medical doctor.