Adrenal Fatigue Questionnaire

Check the symptoms you suffer from:

- Do you have fatigue?
- Do you have allergies?
- Do you have asthma?
- Do you have recurrent infections?
- Are you under severe emotional stress?
- Do you have low blood pressure?
- Do you have a low pulse rate (less than 70 bpm w/ no exercise)?
- When you rise quickly, do you feel as though you might pass out?
- Do you have depressed moods?
- Do you have joint pain?
- Do you have muscle pain?
- Do you have low libido?
- Do you have hair loss?
- Do you have anxiety attacks?

Total Score: _______________

If your total score is less than 6 points, it is not likely that you have adrenal fatigue. Scoring between 7-12 points indicates adrenal fatigue is a possibility. A score above 12 points would suggest that adrenal fatigue is very likely.