

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.