

General Symptoms	Mild (1)	Moderate (2)	Severe (3)
Slow pulse or heart rate			
Fast pulse, fast Heart rate			
Heart Palpitations			
Weight gain			
Weight loss			
Thinning hair			
Dry Nails & hair			
Cold intolerance			
Bulging eyes			
Sweating			
Total			
Heart Symptoms			
Heart Palpitations			
Slow pulse and heart rate			
Fast pulse and heart rate			
Total			
Miscellaneous			
Constipation			
Loose Bowels			
Delayed Reflexes			
Brisk Reflexes			
Total			
Psychological			
Anxiety			
Fatigue			
Tremors			
Sleep disturbance			
Total			
Women			
Heavy menses			
PMS			
Total			

If you score less than 23 points there is most likely another reason for your symptoms. If you score 23-46 points you should have laboratory testing done to rule out thyroid dysfunction. If you score 46-69 there is a high chance that you are suffering from thyroid dysfunction and may need supplementation.