

## Thyroid Stress/Fatigue Indicators

Please rate any condition that applies to you NOW and in the PAST, using the following scale:

**5 = Severe   4 = Strong   3 = Moderate   2 = Mild   1 = Weak   0 = Not Present**

- Start by going through and marking in the NOW column only the symptoms that apply to you currently
- Then go back and respond in the PAST column to the symptoms you marked in the NOW column
- Rate those responses in the PAST column based on how you felt when the symptoms were at their WORST

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4th Test	3rd Test	2nd Test	NOW	PAST	PHYSICAL	NOTES & COMMENTS
					acne	
					allergies	
					asthma	
					blood pressure, low	
					bulging eyes	
					carpal-tunnel	
					cholesterol, elevated	
					constipation	
					constipation	
					diarrhea	
					eyes, dry	
					fatigue, especially upon arising in the morning	
					goiter	
					hair loss	
					hair, brittle or breaks easily	
					hair, coarse	
					hair, dry	
					headaches	
					heart, palpitations	
					heart, very fast beat	
					heart, very slow beat (less than 60 beats per minute)	
					hives	
					IBS	
					inappropriate weight gain	
					indigestion	
					infertile	
					lips, pale	
					low calorie diet but didn't lose weight	
					menstruation, irregular	
					migraines	
					miscarriage	
					more frequent and longer lasting colds, flus, or infections	
					muscle tone/strength, poor	
					nails, brittle	
					nails, crack or break easily	
					nails, grow slowly	
					osteopenia or osteoporosis	
					outer third of eyebrow missing	
					pain, in feet	
					pain, in hands	
					pain, in joints	
					pain, in muscles	
					plantar's fasciitis	
					PMS	
					puffiness, around eyes	
					puffiness, around feet or ankles	
					puffiness, on face	
					puffiness, on hands	
					pulse, slow	
					reflexes, sluggish	
					shortness of breath	
					skin, coarse	
					skin, dry	
					skin, scaly	
					skin, thick	
					sleep apnea	
					sluggish	
					swallowing, difficult	
					temperature less than 98 degrees upon awakening	
					tendonitis	

					tightness in chest	
					tinnitus (ringing in ears)	
					vertigo	
					voice, hoarse or raspy	
					weight gain, especially around abdomen	
					yawn often (to get oxygen)	
0	0	0	0	0	<b>PHYSICAL SUB-TOTAL</b>	
<b>4th Test</b>	<b>3rd Test</b>	<b>2nd Test</b>	<b>NOW</b>	<b>PAST</b>	<b>MENTAL-RELATED</b>	<b>NOTES &amp; COMMENTS</b>
					apathy	
					concentration, poor	
					difficulty falling asleep	
					difficulty staying asleep	
					forgetful	
					lethargic	
					memory, poor	
					no ambition	
					slow speech	
					slow thinking	
					worry	
0	0	0	0	0	<b>MENTAL-RELATED SUB-TOTAL</b>	
<b>4th Test</b>	<b>3rd Test</b>	<b>2nd Test</b>	<b>NOW</b>	<b>PAST</b>	<b>EMOTIONAL</b>	<b>NOTES &amp; COMMENTS</b>
					anxiety	
					depression	
					easily upset	
					eyes, double vision	
					eyes, itchy	
					eyes, scratchy	
					eyes, sensitive to light	
					feel worthless	
					irritability	
					losing interest in daily activities	
					moody	
					nervousness	
					obsessive	
					panic attacks	
					restless	
					sadness	
0	0	0	0	0	<b>EMOTIONAL SUB-TOTAL</b>	

4th Test	3rd Test	2nd Test	NOW	PAST	SENSATIONS	NOTES & COMMENTS
					awaken tired, unrested	
					caffeine needed to get going in the a.m.	
					caffeine needed to stay awake or alert during the day	
					crave carbs	
					crave sweets	
					dizzy	
					feel cold often	
					feel cold when others don't	
					full feeling in the neck	
					lightheaded	
					regularly tired, exhausted, fatigued	
					run down, sluggish, lethargic	
					sex drive reduced	
					shaky if don't eat, or other hypoglycemia symptoms	
					skin moist	
					skin warm	
0	0	0	0	0	<b>SENSATIONS SUB-TOTAL</b>	
4th Test	3rd Test	2nd Test	NOW	PAST	MISCELLANEOUS	NOTES & COMMENTS
					been exposed to radiation, like occurred at Chernobyl	
					chronic infections	
					drink tap water containing fluoride or perchlorate	
					eczema	
					endometriosis	
					gum disease	
					had radiation treatment to head, neck or chest for tonsils, lymph nodes, etc.	
					high cholesterol	
					mercury toxicity	
					ovarian cysts	
					regularly consume soy food products	
					regularly take iodine or iodine-containing foods	
					unable to lose weight, even with exercise	
0	0	0	0	0	<b>MISCELLANEOUS SUB-TOTAL</b>	
4th Test	3rd Test	2nd Test	NOW	PAST	<b>THYROID INDICATORS TOTALS</b>	
4th Test	3rd Test	2nd Test	NOW	PAST	<b>PHYSICAL SUB-TOTAL</b>	
4th Test	3rd Test	2nd Test	NOW	PAST	<b>MENTAL-RELATED SUB-TOTAL</b>	
4th Test	3rd Test	2nd Test	NOW	PAST	<b>EMOTIONAL-RELATED SUB-TOTAL</b>	
4th Test	3rd Test	2nd Test	NOW	PAST	<b>SENSATIONS SUB-TOTAL</b>	
4th Test	3rd Test	2nd Test	NOW	PAST	<b>MISCELLANEOUS SUB-TOTAL</b>	
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Hit "<Ctrl><Shift> J" to SORT tables to the left by NOW column Ratings  
Hit "<Ctrl><Shift> K" to SORT tables to the left by Symptoms