

Name:  
Date:



# How Stressed Is Your Thyroid?

Thyroid Symptom Quiz	NEVER	1-2x/month	1-2x/week	Most Days
<b>LOW THYROID SYMPTOMS – Hypothyroid</b>				
1.Tired. Low Energy level. Sleepiness through the day.	0	1	2	3
2. Fatigue Easily When Doing Things	0	1	2	3
3. Require Naps to Function (or wish you could nap)	0	1	2	3
4.Weight Gain	No = 0			Yes = 3
5.Trouble Losing Weight	No = 0			Yes = 3
6.Poor Muscle Tone – sagging skin under arms, chin, midsection	No = 0			Yes = 3
7.Crave Sweets, bread, pasta, chocolate	0	1	2	3
8.Weak Nails and/or Vertical ridges/lines on nails	No = 0			Yes = 3
9.Hair thinning. Hair falling out (check your shower drain!)	No = 0			Yes = 3
10.Hair is dry or coarse	No = 0			Yes = 3
11.Cracking/Peeling Dry skin on Heels	No = 0			Yes = 3
12.Eye area appears swollen & puffy with hanging eyelids.	No = 0			Yes = 3
13.Poor Concentration. Short-term memory lapses.	0	1	2	3
14.Increasing amount of time or periods where you feel depressed	0	1	2	3
15. Tendency to feel overwhelmed	0	1	2	3
16.Low Body Temperature. Cold sensitive. Dislike the winter.	0	1	2	3
17.Cold hands and feet	0	1	2	3
18.Hoarse voice. Deeper or rougher in sound	0	1	2	3
19.Decreased or loss of libido	0	1	2	3
20.Cellulite on butt, thighs & underarm	No = 0			Yes = 3
21.Goiter	No = 0			Yes = 3
22.Nodules on Thyroid	No = 0			Yes = 3
23.TSH outside of functional range 1.8-3.0	No = 0			Yes = 9
24.Female: Loss of Menstrual Cycle	No = 0			Yes = 3
25.Female: Trouble with miscarriages	No = 0			Yes = 3
<b>HYPERTHYROID SYMPTOMS</b>				
26.Greasy Hair	0	1	2	3
27.Bulging Eyes	No = 0			Yes = 3
28.Overheating	0	1	2	3
29.Emotional Extremes – go from highs to lows	0	1	2	3
30.High Appetite	0	1	2	3
31.Excessive Sweating	0	1	2	3
32.Unintentional weight-loss or Naturally Thin with no exercise	No = 0			Yes = 3
33. Fast Heart rate. Increased pulse >90 bpm at rest	No = 0			Yes = 3

**Thyroid Score:** *Ideal:* 0    *Stage 1:* 1-15    *Stage 2:* 16-32    *Stage 3:* 33    **Add yours up →**