

Adrenal Reserve Test		Does Not Apply or NO	A few Times a Year or Less	Up to Twice per Month	Up to Twice per Week	Everyday or Almost Everyday	Yes
Question							
Diet	How often do you crave sugar such as candy, sodas, popcorn, bagels, pasta, chips, cookies, pastries?	0	1	3	5	7	7
	How often do you crave salt?	0	1	3	5	7	7
	How often do you skip meals?	0	1	3	5	7	7
	Do you gain weight for no apparent reason?	0	1	3	5	7	7
	Do you diet but are unable to lose weight?	0	1	3	5	7	7

Use of Stimulants	How often do you crave chocolate or candy?	0	1	3	5	7	7
	How often do you drink coffee and/or caffeinated drinks?	0	1	3	5	7	7
	How often do you drink alcohol?	0	1	3	5	7	7
	How often do you smoke cigarettes?	0	1	3	5	7	7
	How often do you use natural stimulants such as ephedra or ma huang?	0	1	3	5	7	7
	How often do you use legal or illegal stimulants such as ritalin, cocaine, dexedrine, ephedrine (or over-the-counter diet drugs), or other amphetamine-like drugs?	0	1	3	5	7	7

Use of prescription or over-the-counter drugs	How often do you take over-the-counter medications such as Ibuprofen, Tums, Sudafed, or Pepto-Bismol?	0	1	3	5	7	7
	How often do you take sleeping pills?	0	1	3	5	7	7
	How often do you take Valium or other tranquilizers?	0	1	3	5	7	7
	Do you take cholesterol-lowering medications, hypoglycemic agents, and/or blood pressure medications?	0	1	3	5	7	7
	Do you take antidepressants?	0	1	3	5	7	7

Your Life	How often does rising to challenges and taking risks give you a sensation of pleasure?	0	1	3	5	7	7
	Do you love the feeling of butterflies in your stomach and the thrill of taking chances?	0	1	3	5	7	7
	How often do you feel that you cannot do what you want because you must be responsive to the needs of others?	0	1	3	5	7	7
	How often do you push past stress or fatigue to accomplish your goals?	0	1	3	5	7	7
	How often do you allow your calendar and the lists you make dictate how you spend your time?	0	1	3	5	7	7
	Have you gotten away from socializing with friends in lieu of working and meeting other obligations?	0	1	3	5	7	7
	Is your personal life low on your list of priorities?	0	1	3	5	7	7
Do you party into the morning hours or even all night?	0	1	3	5	7	7	

Your Work	As you reach a goal, how often do you find that you cannot enjoy your success because another, even larger goal is demanding your immediate attention?	0	1	3	5	7	7
	How often do you feel attached to your phone, pager, cell phone, or email?	0	1	3	5	7	7
	How often do you work late hours and/or on weekends?	0	1	3	5	7	7
	How often do you work all night?	0	1	3	5	7	7
	How often do you feel impatient or irritated when your children, spouse, or others interfere with your work time?	0	1	3	5	7	7
	Do you get sick when you take a vacation?	0	1	3	5	7	7
	Do you take two weeks of vacation every year?	0	1	3	5	7	7
	Are you unable to take vacations because you feel guilty about taking time off and/or just will not let yourself stop working?	0	1	3	5	7	7

Physical and Emotional Symptoms	How often do you experience any of the following symptoms: acute anxiety- with no immediate cause; shortness of breath; chest pains; blurred vision; dread; the feeling that you will lose mental control; and/or feelings of impending death?	0	1	3	5	7	7
	How often do you feel like you are never enough, never doing enough, never good enough?	0	1	3	5	7	7
	How often do you peter out around 3pm and reach for a stimulant (even just sugar or coffee) for energy?	0	1	3	5	7	7
	How often, when you bend down and when standing up, do you feel lightheaded or see stars?	0	1	3	5	7	7
	How often do you feel dizzy, faint, or momentarily weak?	0	1	3	5	7	7
	How often do you awaken in the morning exhausted?	0	1	3	5	7	7
	How often do you experience sudden shifts in temper?	0	1	3	5	7	7
	If you are a woman, how often do you suffer from PMS, perimenopause, or menopausal symptoms such as cravings, fatigue, edema, irritability?	0	1	3	5	7	7

Question	Does Not Apply or NO	A few Times a Year or Less	Up to Twice per Month	Up to Twice per Week	Everyday or Almost Everyday	Yes
How often do you get colds and flu?	0	1	3	5	7	7
How often do you get infections such as herpes, shingles, sinusitis, colitis, yeast or boils?	0	1	3	5	7	7

How often do you get constipated?	0	1	3	5	7	7
How often do you get diarrhea?	0	1	3	5	7	7
How often do you feel exhausted after exercise instead of exhilarated?	0	1	3	5	7	7
How often do you suffer from insomnia?	0	1	3	5	7	7
How often do you feel uncomfortably cold, especially your hands and feet?	0	1	3	5	7	7
How often do you suffer from poor digestion, allergies, asthma, headaches, migranes, or musculoskeletal pains?	0	1	3	5	7	7
How often do you have a short fuse with coworkers, family, and people in the service industries (such as waiters, store clerks), cut people off in traffic, behave rudely, and/or have a crying jag?	0	1	3	5	7	7
How often do you suffer from short-term memory loss or confusion?	0	1	3	5	7	7
How often does exercise take more from you than it gives to you?	0	1	3	5	7	7
How often do you resolve to exercise and then give up without much effort?	0	1	3	5	7	7
How often, when you have free time, are you too tired to do anything else but vegetate?	0	1	3	5	7	7
How often do you snap at innocent people- even when you feel your temper is justified?	0	1	3	5	7	7
How often do you feel anxious?	0	1	3	5	7	7
How often do you feel depressed, helpless, and/or hopeless?	0	1	3	5	7	7
Do you trek to the bathroom two, three, four, five, or more times a night?	0	1	3	5	7	7
Do you have dark circles under your eyes? Ask a friend to tell you and to be honest.	0	1	3	5	7	7

To determine your score:

TOTAL POINTS =						
TOTAL SCORE =						

Score Results

0 to 60 - Congratulations. Everyone can improve, but obviously you are doing most things right. So keep doing what you are doing.

61 to 100 are scores typical of the Driven stage.

There are financial, psychological, and social rewards for being driven, responsible, productive, and successful. If you recognize yourself in this category and if you make some changes now by following some of the solutions in this program, you can maintain your energy level and your passion for life indefinitely.

101 to 150 are scores typical of the Dragging stage.

The rewards, admiration, and respect you have achieved are the golden handcuffs that keep you going. At this point, you may be able to get off the track toward burnout with willpower and the help of this program. You may not be aware of it, but you are inches away from more serious problems. Although there is still time for you to reassess your life and reprioritize, it is even more important at this stage that you recognize and temper the behaviors that will lead to adrenal burnout. Begin now to develop healthy, self-nurturing habits.

151 to 200 are scores generally indicating that you are in the "Losing It" Stage.

You are too exhausted to bask in the pleasure of the rewards, admirations, and respect you have earned. You keep jamming and stuffing and cramming activity into your life so that you are like a drawer with a jumble of things hanging out of it. It is time to clean your inner and outer desktop, to delete what needs to be thrown away, and to reevaluate and reorder your priorities. It is time to make some time for yourself. It will only become more difficult if you wait. You still have the strength to change the behaviors that will lead to adrenal burnout and to begin to develop healthy, nurturing habits. Please take your pedal off the metal now and operate at a pace that is consistent with regaining your health. Start to explore, incorporate, and experience the healthy lifestyle habits in this program and discover how great you can feel.

201 to 250 are scores generally indicating that you are in the "Hitting the Wall" Stage.

Do not pass go, because there is no longer \$200.00 to collect. The rewards, admiration, and respect you have achieved are golden handcuffs that keep you going-even though you can barely stand it anymore. You may not be aware, but you are inches away from more serious problems. Now is your last chance to reassess your life and reprioritize before you reach adrenal burnout. It is possible to develop healthy, self-nurturing habits – and you can do it.

251 Plus are typical scores of the "Burnt Out" Stage.

You probably cannot even recall the pleasure you once got from the rewards, admiration and respect that you received for being driven. You may feel that you have hit rock bottom. From this stage there is no place to go but up. Get yourself motivated to make some changes – even small ones – so you can start to feel better. You can do it!