Thyroid Symptom Survey

Client Name ___________________________________________ Date __________________________

Symptom Rating:
(0) I do not have this
(1) Mild
(2) Moderate
(3) Severe

Hypo-Symptoms
___ Lumps in breast
___ More tired or sluggish than normal
___ Drier hair and skin than normal
___ Sleep more than usual
___ Weaker muscles
___ Colder than others
___ Muscles cramp more than usual
___ Poorer memory
___ More depressed
___ Slower thinking
___ Eyes are more puffy
___ Math is more difficult
___ Hoarser or deeper voice
___ Constipated more often
___ Coarser hair
___ Puffy hands and feet
___ Unsteady when walking
___ Gain weight easily
___ Outer third of eyebrow thin
___ Menstruating females only
___ Lumpy, fibrous breasts
___ Menses more irregular
___ Heavier menses

___ Total

Hyper-symptoms
___ Tachycardia (heart racing)
___ Palpitations (skipping of heart)
___ Insomnia (don’t sleep well)
___ Tremors (shaking)
___ Increased sweating
___ Brittle nails
___ Loss of appetite

___ Total

___ Grand Total

Score
0-9  Unlikely you are hypothyroid
10-19  Mild Hypothyroidism
20-29  Moderate hypothyroidism
30+  Severe hypothyroidism