

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Date \_\_\_\_\_

Cell Number \_\_\_\_\_ Email \_\_\_\_\_

## Thyroid Symptoms Questionnaire

Please circle all symptoms you experience on a regular basis.

### Hypothyroid Symptoms

- Feeling tired or sluggish
- Feeling cold-hands, feet, all over
- Require excessive amounts of sleep to function well
- Weight gain despite adhering to a low calorie diet
- Gain weight easily
- Difficult, infrequent bowel movements
- Depression and lack of motivation
- Morning headaches that wear off as the day progresses
- Outer third of eyebrow thins
- Thinning of hair on scalp, face, or genitals, or excessive hair loss
- Dryness of skin and/or scalp
- Mental sluggishness (brain fog)

### Hyperthyroid Symptoms

- Heart palpitations
- Inward trembling
- Increased pulse rate, even at rest
- Feeling nervous and emotional
- Insomnia
- Night sweats
- Difficulty gaining weight