



WINTER BASELINE QUIZ

Check off any symptoms you experience. Circle things that you feel are bad enough that they impact your quality of life or are a focus for you.

Adrenal/Root weakness:

- Feel tired for no reason.
- Have trouble getting up in the morning, even when you sleep
- Feel rundown or overwhelmed.
- Have difficulty bouncing back from stress or illness.
- Crave salty and sweet snacks.
- Feel more awake, alert, energetic after 6 PM
- Experience lower back pain
- Struggle with hair loss
- Have dry skin
- Wonder where your sex drive went
- Feel unsafe (physically, emotionally) or insecure (self-esteem)
- Feel disconnected from yourself

Total symptoms: ____ out of 12 ; Total circled items ____ out of 12

Kidneys/bladder/Sacral weakness:

- Lower back pain
- Fatigue
- The afternoon 4 pm crash
- Cold hands and feet
- Poor circulation
- Thyroid dysfunction
- Hormonal imbalances
- Low sex drive
- Digestive disorders
- Sleep problems- especially if you wake at 4 am
- Have urinary tract issues
- Experience painful urination
- Struggle with chronic or frequent yeast infections
- Have a lack of creativity or creative block
- Difficulty enjoying yourself, experiencing pleasure or having fun
- Feel disconnected from others

Total symptoms: ____ out of 16 ; Total circled items ____ out of 16

Total: ____ out of 28; Total circled items ____ out of 28