



THYROID QUIZ:

SIGNS & SYMPTOMS	Never					Always				
1. I am sensitive to cold	0	1	2	3	4	0	1	2	3	4
2. My hands and feet are always cold	0	1	2	3	4	0	1	2	3	4
3. In the morning my face is puffy and my eyelids are swollen	0	1	2	3	4	0	1	2	3	4
4. I put on weight easily	0	1	2	3	4	0	1	2	3	4
5. I have dry skin	0	1	2	3	4	0	1	2	3	4
6. I have trouble getting up in the morning	0	1	2	3	4	0	1	2	3	4
7. I feel more tired at rest then when in active	0	1	2	3	4	0	1	2	3	4
8. I am constipated	0	1	2	3	4	0	1	2	3	4
9. My joints are stiff in the morning	0	1	2	3	4	0	1	2	3	4
10. I feel like I am living in slow motion	0	1	2	3	4	0	1	2	3	4