



Optimum Function: Blood Sugar Screening Questionnaire

Instructions

Check off each one of the symptoms in one of the columns to indicate the degree of severity which best applies to your case.

0 = you don't experience this symptom at all.

1 = MILD

2 = MODERATE

3 = SEVERE

At the bottom of each column, write the total for each column (multiply the severity number by the number of items checked).

Calculate your total score by adding the three column totals. A total score of less than 20 is within normal limits. A higher score means it is probable that you have some sort of blood sugar regulation problem.

Name _____

Date _____

Total Score: _____

0	1	2	3	Symptom
				Abnormal craving for sweets
				Afternoon headaches
				Consume alcohol
				Allergies: tendency to asthma, hay fever, skin rash,
				Awaken after a few hours sleep; hard to get back to
				Aware of breathing heavily
				Bad dreams
				Bleeding gums
				Blurred vision
				Brown spots or bronzing of skin
				Bruise easily; "black and blue marks"
				"Butterflies in stomach," cramps
				Can't decide easily
				Can't start in morning before coffee
				Can't work under pressure
				Chronic fatigue
				Chronic nervous exhaustion
				Convulsions
				Crave candy or coffee in afternoon
				Depressed
				Dizziness or giddiness or light-headedness
				Drink more than 3 cups of coffee or cola drinks daily
				Get hungry or feel faintness unless eat frequently
				Eat when nervous
				Fatigue relieved by eating
				Fearful
				Get "shaky" if hungry
				Hallucinations
				Hand tremor (or trembles)
				Heart palpitates (beats fast) if meals missed or
				Highly emotional
				Nibble between meals because of hunger
				Insomnia
				Irritable before meals
				Lack of energy
				Magnify insignificant events
				Moods of depression, "blues" or melancholy
				Poor memory or ability to concentrate
				Reduced initiative
				Sleepy after meals
				Sleepy during day
				Weakness, dizziness
				Worrier, feel insecure
				Feel better after 10 a.m. snack than before
				Symptoms come before breakfast
				Total score (add up each column): _____