**Please place an X where appropriate**

[ ] I am gaining weight inappropriately

[ ] I'm unable to lose weight with diet/exercise

[ ] I am constipated, sometimes severely

[ ] I have hypothermia/low body temperature (I feel cold when others feel hot, I need extra

sweaters, etc.)

[ ] I feel fatigued, exhausted

[ ] Feeling run down, sluggish, lethargic

[ ] My hair is coarse and dry, breaking, brittle, falling out

[ ] My skin is coarse, dry, scaly, and thick

[ ] I have a hoarse or gravely voice

[ ] I have puffiness and swelling around the eyes and face

[ ] I have pains, aches in joints, hands and feet

[ ] I have developed carpal-tunnel syndrome, or it's getting worse

[ ] I am having irregular menstrual cycles (longer, or heavier, or more frequent)

[ ] I am having trouble conceiving a baby

[ ] I feel depressed

[ ] I feel restless

[ ] My moods change easily

[ ] I have feelings of worthlessness

[ ] I have difficulty concentrating

[ ] My hair is falling out

[ ] I have more feelings of sadness

[ ] I seem to be losing interest in normal daily activities

[ ] I'm more forgetful lately

[ ] I can't seem to remember things

[ ] I have no sex drive

[ ] I am getting more frequent infections

[ ] I'm snoring more

[ ] I have/may have sleep apnea

[ ] I feel shortness of breath and tightness in the chest

[ ] I feel the need to yawn to get oxygen

[ ] My eyes feel gritty and dry

[ ] My eyes feel sensitive to light

[ ] My eyes get jumpy/tics in eyes

[ ] I feel dizzy or have vertigo

[ ] I have regular headaches

[ ] I have strange feelings in neck or throat

[ ] I have tinnitus (ringing in ears)

[ ] I get recurrent sinus infections

[ ] I have vertigo

[ ] I feel some lightheadedness

[ ] I have severe menstrual cramps