

Fatigue & Energy Quiz Question Template for Functional Medicine

Free template from brevlix.com — automate this at brevlix.com/demo

Q1: When do you feel most fatigued?

- ☐ Upon waking — tired from the moment I get up
- ☐ Mid-afternoon crash (1-4 PM)
- ☐ After even minimal exertion
- ☐ Constant — the fatigue never really lifts
- ☐ Unpredictable — comes and goes without a clear pattern

Q2: How would you describe your stress level over the past 6 months?

- ☐ High — constantly feeling overwhelmed
- ☐ Moderate — with periodic spikes
- ☐ Low — generally manageable
- ☐ I don't feel particularly stressed, but I'm exhausted

Q3: How do you feel after exercise?

- ☐ Energized and refreshed
- ☐ Exhausted for several hours afterward
- ☐ Exhausted for a day or more afterward
- ☐ I don't exercise regularly

Q4: Do you experience any of the following? (check all that apply)

- ☐ Dizziness or lightheadedness upon standing
- ☐ Salt cravings
- ☐ Sugar or carbohydrate cravings
- ☐ Low blood sugar episodes (shaky, irritable if meals are delayed)
- ☐ None of these

Q5: How much caffeine do you consume daily?

- ☐ None
- ☐ 1-2 cups per day
- ☐ 3-4 cups per day
- ☐ 5 or more cups per day

Q6: How many hours of sleep do you typically get per night?

- ☐ Less than 5 hours
- ☐ 5-6 hours
- ☐ 7-8 hours
- ☐ More than 8 hours

Q7: How would you describe the onset of your fatigue?

- ☐ Gradual — developed slowly over months or years
- ☐ Sudden — started after a specific illness or event
- ☐ Cyclical — comes and goes in waves
- ☐ Not sure

Q8: Rate your typical daily energy level on a scale of 1-5.

- 1 — Barely functioning
- 2
- 3 — Getting by
- 4
- 5 — High energy all day

Clinical Archetypes

- HPA Axis Dysregulation
- Mitochondrial Depletion
- Nutrient-Deficiency Fatigue

Template source: brevlix.com/resources/quiz-question-templates/fatigue-energy