

Thyroid Health Quiz Question Template for Functional Medicine

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Q1: Which of these do you experience regularly? (check all that apply)

- ☐ Fatigue that doesn't improve with rest
- ☐ Feeling cold when others are comfortable
- ☐ Unexplained weight gain or difficulty losing weight
- ☐ Hair thinning or loss
- ☐ Brain fog or difficulty concentrating

Q2: Have you been told your thyroid labs are "normal" but you still have symptoms?

- ☐ Yes — this has happened multiple times
- ☐ Yes — once
- ☐ No — my labs match how I feel
- ☐ I've never had thyroid labs drawn

Q3: Do you have a family history of any of the following? (check all that apply)

- ☐ Hashimoto's or autoimmune thyroid disease
- ☐ Hypothyroidism
- ☐ Other autoimmune conditions
- ☐ None of the above

Q4: How would you describe your bowel movements?

- ☐ Regular, daily
- ☐ Constipated (less than once per day)
- ☐ Loose or diarrhea-predominant
- ☐ Alternating between constipation and loose

Q5: Have you noticed changes in any of the following? (check all that apply)

- ☐ Skin dryness
- ☐ Nail brittleness
- ☐ Thinning of the outer third of eyebrows
- ☐ None of these

Q6: What is your typical body temperature?

- ☐ Below 97.5°F (36.4°C)
- ☐ 97.5-98.5°F (36.4-36.9°C)
- ☐ Above 98.5°F (36.9°C)
- ☐ Not sure

Q7: Do you currently take thyroid medication?

- ☐ Yes — but I still have symptoms
- ☐ Yes — my symptoms are well-controlled
- ☐ No, I do not take thyroid medication

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

- 1 — Severely low
- 2
- 3 — Moderate
- 4
- 5 — High energy

Clinical Archetypes

- Classic Hypothyroid
- Autoimmune Thyroid (Hashimoto's Pattern)
- Thyroid-Conversion Dysfunction

Template source: brevlix.com/resources/quiz-question-templates/thyroid-health