|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Blood Stability Questionnaire**  |  **0** |   **1** |   **2** |  **3** |
| Crave sweets during the day |  |  |  |  |
| Irritable if meals are missed |  |  |  |  |
| Depend on coffee to keep going/get day started |  |  |  |  |
| Get lightheaded if meals are missed |  |  |  |  |
| Eating relieves fatigue |  |  |  |  |
| Feeling shaky, jittery or have tremors |  |  |  |  |
| Agitated, easily upset, nervous |  |  |  |  |
| Poor memory/forgetful |  |  |  |  |
| Blurred vision |  |  |  |  |
| Must have sweets after meals |  |  |  |  |
| Eating sweets does not relieve cravings for sugar |  |  |  |  |
| Waist girth is equal to or larger than hip girth |  |  |  |  |
| Increased thirst and appetite |  |  |  |  |
| Difficulty losing weight |  |  |  |  |

 Total – Blood Sugar Stability Score \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Scoring: >12-15 suggests blood sugar instability is a possibility. Schedule an appointment with the healthcare provider to review questionnaire results. Consider having a HA1c lab test and a fasting insulin test to assist in determining if your body has an impaired relationship with sugar. Learning to manage your blood sugar levels is important for optimizing levels of energy, moods and overall daily life vibrancy .