

CFS SELF-ASSESSMENT TEST

Understand your energy levels and discover personalized insights.

Instructions:

Rate how often each statement applies to you:

- **0 points** = Never
 - **1 point** = Rarely
 - **2 points** = Sometimes
 - **3 points** = Often
 - **4 points** = Always
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1. Energy Levels

- I experience extreme exhaustion that doesn't improve with rest.
- My energy fluctuates unpredictably throughout the day.
- I feel more fatigued after minimal physical or mental effort (post-exertional malaise).

2. Sleep Quality

- I wake up feeling unrefreshed, even after a full night's sleep.
- I have trouble falling asleep or staying asleep.

3. Cognitive Symptoms ("Brain Fog")

- I struggle with memory, focus, or mental clarity.

- I often forget words, lose track of thoughts, or feel mentally sluggish.

4. Physical Symptoms

- I experience muscle pain, joint pain, or headaches with no clear cause.
- I feel lightheaded, dizzy, or experience heart palpitations when standing.
- I'm more sensitive to light, sound, or temperature.

5. Emotional & Mood

- I feel more irritable, anxious, or emotionally drained.
- I struggle with motivation due to constant fatigue.

6. Recovery & Daily Life

- Everyday tasks (like showering, cooking, or walking) take significantly more effort.
- I need long recovery periods after small activities.
- My symptoms have persisted for more than six months.

Scoring:

0–10 Points: Mild Impact

You may experience occasional fatigue or brain fog, but it doesn't dominate your life.

Recommendation: Focus on **gentle movement** and **mindful practices** to

support your body's energy. Try incorporating soft cardio and relaxation techniques.

11–20 Points: Moderate Impact

Your energy and well-being are noticeably affected, and daily life might require some adjustments.

Recommendation: Create a **daily rhythm** that honours your energy levels. Integrate **short, restorative exercises** and use tools like mood tracking to monitor changes.

21–30 Points: Significant Impact

CFS impacts your daily life and requires a more structured approach to healing.

Recommendation: Consider **energy pacing techniques** and **mind-body exercises** that align with your natural rhythms. Focus on small, consistent actions to build resilience.

31+ Points: Severe Impact

Your symptoms deeply affect your daily life and may require more comprehensive support.

Recommendation: Prioritize **restorative practices** and gentle movement, and explore holistic tools that balance energy, mind, and spirit. Seeking personalized support can be transformative.

Want more tools for your journey?

Explore free exercise charts, mood-tracking forms, and other holistic wellness tools on the **Free Resources** page.

Remember: This test isn't a medical diagnosis, but a step toward understanding your unique experience.

You are stronger than you think.