

Thyroid Symptom Checklist

Name: _____

Please check any symptoms you are currently experiencing
or have experienced in the past 6 months.



Energy & Metabolism

- Persistent fatigue
- Afternoon energy crash
- Difficulty losing weight
- Unexplained weight gain or weight loss
- Increased appetite
- Decreased appetite
- Feeling cold when others are comfortable
- Feeling overheated or heat intolerant
- Slow heart rate
- Heart palpitations

Brain & Mood

- Brain fog
- Memory issues
- Slow thinking
- Anxiety
- Depression
- Irritability
- Insomnia
- Feeling “wired but tired”

Hair, Skin & Nails

- Hair thinning
- Loss of outer third of eyebrows
- Dry or coarse hair
- Dry skin
- Brittle nails
- Puffy face or eyelids

Hormones & Reproductive Health

- Irregular periods
- Heavy periods
- Fertility challenges
- Low libido
- Worsening PMS
- Symptoms began postpartum
- Symptoms worsened during perimenopause/menopause

Digestion & Other Body Systems

- Constipation
- Diarrhea
- Bloating
- Hoarse voice
- Neck fullness or swelling
- Elevated cholesterol
- Joint pain or stiffness
- Numbness or tingling in hands

Autoimmune Clues

- Family history of thyroid disease
- Personal history of autoimmune condition
- Gluten sensitivity
- Symptoms fluctuate or “flare”

Scoring

Total Checked: _____

0–5 symptoms → Monitor

6–10 symptoms → Consider screening

10+ symptoms → Recommend comprehensive thyroid evaluation

Important Note

This checklist is not a diagnostic tool. It is used to identify patterns that may warrant further laboratory evaluation and clinical review.

If you have 6 or more symptoms, ask about a comprehensive thyroid lab panel including:

- TSH, Total & Free T3, Total & Free T4, Thyroid antibodies, reverse T3