

A close-up, shallow depth-of-field photograph of a woman with long brown hair, wearing a light blue sweater, sitting at a desk. She is holding a blue pen and writing in a spiral-bound notebook. The notebook is open, and the page she is writing on has some faint text and a grid of small circles. The background is blurred, showing another person's face and a laptop. The overall tone is soft and professional.

*Magalie Pailhand*

How tired  
& unfocused  
are you?

# Magalie Paillard

	Yes	No
Tired most of the time.	<input type="checkbox"/>	<input type="checkbox"/>
Suffering from dark circles under my eyes.	<input type="checkbox"/>	<input type="checkbox"/>
Suffering from poor memory and concentration.	<input type="checkbox"/>	<input type="checkbox"/>
Often feeling anxious.	<input type="checkbox"/>	<input type="checkbox"/>
Digestive issues.	<input type="checkbox"/>	<input type="checkbox"/>
I often over-react to stress.	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience issues with your sleep. (whether it's having trouble falling asleep, staying asleep, sleeping too long, or feeling too exhausted, even after a night of rest?)	<input type="checkbox"/>	<input type="checkbox"/>
I still feel tired 20 minutes after getting up.	<input type="checkbox"/>	<input type="checkbox"/>
I need tea, coffee, a cigarette or something sweet to get me going in the morning.	<input type="checkbox"/>	<input type="checkbox"/>
I feel sleepy in the afternoon, or after lunch.	<input type="checkbox"/>	<input type="checkbox"/>
I am gaining weight and/or finding it hard to lose weight.	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a hard time concentrating on things during the day and often let your mind wander.	<input type="checkbox"/>	<input type="checkbox"/>
Brain fog.	<input type="checkbox"/>	<input type="checkbox"/>
I crave sweets and carbs.	<input type="checkbox"/>	<input type="checkbox"/>
I often crave something sweet or coffee after meals.	<input type="checkbox"/>	<input type="checkbox"/>
I crave salty foods.	<input type="checkbox"/>	<input type="checkbox"/>
I often have mood swings.	<input type="checkbox"/>	<input type="checkbox"/>
I get dizzy or irritable if I go 4-6 hours without eating.	<input type="checkbox"/>	<input type="checkbox"/>
When I am tired I reach for sugary/fatty foods for energy.	<input type="checkbox"/>	<input type="checkbox"/>
I have less energy than I used to have.	<input type="checkbox"/>	<input type="checkbox"/>
I often feel too tired to exercise.	<input type="checkbox"/>	<input type="checkbox"/>
It takes me a long time to recover from the gym.	<input type="checkbox"/>	<input type="checkbox"/>
I need coffee/tea to get me going through the day.	<input type="checkbox"/>	<input type="checkbox"/>
I can become easily irritable or angry.	<input type="checkbox"/>	<input type="checkbox"/>
I can't handle pressure like I used to.	<input type="checkbox"/>	<input type="checkbox"/>
I get frequent colds and flu.	<input type="checkbox"/>	<input type="checkbox"/>
I am intolerant to cold or temperature changes.	<input type="checkbox"/>	<input type="checkbox"/>

	Yes	No
I don't have the same enthusiasm for life as I used to.	<input type="checkbox"/>	<input type="checkbox"/>
I get dizzy from sitting to standing.	<input type="checkbox"/>	<input type="checkbox"/>
I frequently fall asleep in the cinema/while watching TV or when reading a book.	<input type="checkbox"/>	<input type="checkbox"/>
I feel drained rather than energised after exercise.	<input type="checkbox"/>	<input type="checkbox"/>
I often need a nap to keep going through the day.	<input type="checkbox"/>	<input type="checkbox"/>
I feel like I have lost my vitality.	<input type="checkbox"/>	<input type="checkbox"/>
I feel more anxious than I used to.	<input type="checkbox"/>	<input type="checkbox"/>
I am not as productive in work as I used to be.	<input type="checkbox"/>	<input type="checkbox"/>
I feel like I need some alcohol to unwind in the evening.	<input type="checkbox"/>	<input type="checkbox"/>
I have a sudden surge of energy in the evening.	<input type="checkbox"/>	<input type="checkbox"/>
My blood pressure tends to be low.	<input type="checkbox"/>	<input type="checkbox"/>

## Interpretation of results:

1 point for every 'Yes'

### 0-8 points:

You seem to be able to deal with stressful situations. Make sure you follow a healthy diet, exercise routine and lifestyle to continue enjoying good health. If you are not experiencing a lot of these problems, you have got your energy under control. Congratulations. Keep up the good work!

### 9-17 points:

You may feel wired a lot of the time. You may have started experiencing a shift in your energy and/or mood, or perhaps, you may not feel any difference yet. Starting thinking about your well-being may be a good idea before your symptoms progress. Time, then, for some fine-tuning in the energy department and assess your nutrition, sleep, stress and exercise.

### 18-25 points:

You may have been overstretching and over exhausting yourself for a while. It has started taking a toll on your life. You're riding an energy roller coaster. Working out your priorities now and taking action may be advised. Aim to find ways to refuel consistently so that you can fulfil goals in many areas of your life.

### 26-38 points or more:

You are flirting with burnout or perhaps already suffering from exhaustion and running on an empty energy tank. You either feel tired but wired, or constantly tired. It is high time to make cultivating energy and a sense of well-being top priorities in your life. A personalised approach combining nutrition, lifestyle and wellbeing coaching may help you see significant improvement within a few months.