



Cherry Blossom
NATURAL • WELLNESS

Hidden Causes of Fatigue: Self Investigation Checklist

Use this checklist to look for patterns that may be contributing to persistent fatigue. Check any items that apply to you. These clues can help guide a deeper root- cause investigation into low energy.

Contact our office at 248-274-6516 to schedule an appointment today!

Daily Energy Patterns

- ☐ I feel exhausted when I wake up even after sleeping
- ☐ I experience a strong afternoon energy crash
- ☐ I feel wired at night but tired during the day
- ☐ My energy depends heavily on caffeine
- ☐ I experience brain fog or poor concentration

Stress Rhythm Clues

- ☐ I feel overwhelmed or chronically stressed
- ☐ My sleep schedule is inconsistent
- ☐ I often wake up during the night
- ☐ I feel alert late at night but struggle in the morning
- ☐ My energy fluctuates dramatically throughout the day

Nutrient Clues

- ☐ I skip meals or eat irregularly
- ☐ My diet lacks vegetables or whole foods
- ☐ I crave sugar or quick carbs for energy

- ☐ I experience frequent muscle tension or headaches
- ☐ I have been told I have low iron, B12, or vitamin D

Gut and Digestive Clues

- ☐ I experience bloating or digestive discomfort
- ☐ I have frequent gas or irregular bowel movements
- ☐ Certain foods make me feel tired or foggy
- ☐ I have food sensitivities
- ☐ I have a history of gut infections or antibiotic use

Sleep Quality

- ☐ I have difficulty falling asleep
- ☐ I wake up frequently during the night
- ☐ I snore or feel unrested after sleep
- ☐ I rely on screens late at night
- ☐ I rarely feel refreshed in the morning

Lifestyle and Recovery

- ☐ I rarely get sunlight in the morning
- ☐ I sit most of the day with limited movement
- ☐ I feel constantly busy without time to recover
- ☐ I struggle to relax or unwind
- ☐ I feel emotionally or mentally drained

If several boxes are checked, your fatigue may involve multiple root causes including stress rhythm disruption, nutrient gaps, gut imbalance, or sleep disturbances. A deeper holistic evaluation can help uncover the patterns behind persistent low energy.

Cherry Blossom Natural Wellness — Schedule a FREE 15-minute discovery call to explore your next step for your health. Call 248-274-6516.