

Vitamin D deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Poor sun exposure	0	1	2	3	4
2. Swollen, deformed bones	0	1	2	3	4
3. Excruciating bone pains upon pressure	0	1	2	3	4
4. Muscle pains	0	1	2	3	4
5. Tender points, painful at pressure	0	1	2	3	4
6. Sore legs	0	1	2	3	4
7a Adults: Curved back	0	1	2	3	4
7b Children: Severely deformed bone	0	1	2	3	4
Total					
Overall total					
Score	7 or less		Satisfactory level		
	Between 7 and 14		Possible vitamin D deficiency		
	15 or more		Probable vitamin D deficiency		