

Root Cause Signal & Lifestyle Tracker

Client Name: _____ Date: _____

Purpose: In Functional Medicine, we view symptoms not as "normal parts of aging," but as vital signals from your body. This tool helps us move from the "Scientist" phase (gathering data) to the "Detective" phase (finding the root cause).

Section 1: The Signal Checklist

Check any symptoms you have experienced in the last 14 days. Do not dismiss these as "normal for your age."

The Gut-Immune Connection - ☐ Bloating after meals - ☐ Irregular bowel movements - ☐ Skin rashes or hives - ☐ New food sensitivities

The Hormone & Adrenal Axis - ☐ "Tired but wired" feeling at night - ☐ Brain fog (feeling like your head is wrapped in "wet wool") - ☐ Night sweats or temperature fluctuations - ☐ Sudden weight gain (specifically around the midsection)

Micronutrient & Metabolic Health - ☐ Brittle hair or nails - ☐ Afternoon energy crashes (2 PM - 4 PM) - ☐ Intense sugar or salt cravings - ☐ Muscle aches or slow recovery

Section 2: Weekly Lifestyle Foundations

Track your consistency in these foundational areas for one week.

Day	Sleep (7-8 hrs?)	Movement (30 min?)	Gut-Friendly Meals?	Stress Level (1-10)
Mon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Thu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Day	Sleep (7-8 hrs?)	Movement (30 min?)	Gut-Friendly Meals?	Stress Level (1-10)
Sun	[]	[]	[]	

Section 3: Reflection & Identity

The "Signal" Translation: Pick the most bothersome symptom from Section 1. Instead of seeing it as a "life sentence," what might your body be trying to tell you? (e.g., *"My bloating isn't just age; it's a signal that my gut needs support."*)

The Empowerment Score: On a scale of 1-10, how much do you believe your body has the capacity to heal once we find the root cause? **Score:** __ / 10

Observations/Notes:

Next Steps:

1. **Review:** Bring this tracker to our next "Detective" session.
2. **Focus:** This week, prioritize one "Lifestyle Foundation" from Section 2.
3. **Mindset:** Remember: You are not "broken"; you are simply out of balance.

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