

# Functional Health Baseline & Cluster Analysis

Client Name: \_\_\_\_\_ Date: \_\_\_\_ Initial MSQ Total Score: \_ Follow-up MSQ Total Score (if applicable): \_

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## Section 1: MSQ System Cluster Summary

*Instructions: After the client completes the full Medical Symptoms Questionnaire (MSQ), record the sub-total for each category below to identify "Hot Zones."*

MSQ Category	Sub-Total	MSQ Category	Sub-Total
Head (Headaches, etc.)	—	Digestive Tract	—
Eyes/Ears	—	Joints/Muscles	—
Nose/Mouth/Throat	—	Weight/Metabolism	—
Skin/Acne/Hives	—	Energy/Fatigue	—
Heart/Chest	—	Mind/Emotions	—
Lungs/Breathing	—	Other: _____	—

Identify the "Anchor Symptom" (The loudest/highest scoring system): \_\_\_\_\_

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## Section 2: The Lifestyle 5 Matrix

*Instructions: Rate the baseline inputs on a scale of 0–10 (0 = Poor/Non-existent, 10 = Optimal).*

Pillar	Rating (0-10)	Practitioner Notes (Frequency, Quality, etc.)
Sleep	[ ]	Duration/Latency: _____
Exercise	[ ]	Type/Intensity: _____
Nutrition	[ ]	Hydration/Density: _____
Stress (PSS)	[ ]	Perceived Load: _____

Pillar	Rating (0-10)	Practitioner Notes (Frequency, Quality, etc.)
Relationships	[ ]	Social Support: _____

## Section 3: Root Cause Cluster Identification

*Instructions: Check the box if high scores (2s, 3s, or 4s) appear across these specific groupings.*

- [ ] **The "Leaky" Cluster** (High Digestive + Skin + Joints)
  - *Suspected Mechanism:* Intestinal permeability / Systemic inflammation.
- [ ] **The "Toxic" Cluster** (High Head + Lungs + Brain Fog)
  - *Suspected Mechanism:* Environmental burden / Poor biotransformation.
- [ ] **The "Metabolic" Cluster** (High Weight + Energy + Heart)
  - *Suspected Mechanism:* Blood sugar dysregulation / Mitochondrial insufficiency.
- [ ] **The "HPA-Axis" Cluster** (High Emotions + Sleep + Energy)
  - *Suspected Mechanism:* Chronic stress response / Adrenal-Thyroid axis.

## Section 4: Practitioner Reflection & Reveal

**Primary System Focus for the next 30 days:**

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**Client Strengths (Categories where they scored 0s):**

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**Next Steps / Protocol Adjustments:** 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**Next MSQ Re-assessment Date:** \_\_\_\_\_

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