

# Cellular Hydration & Nutrient Absorption Audit

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

This tool is designed to help you move beyond "bulk hydration" (just drinking volume) toward **cellular utility**. As a CFMP™, we focus on the "Internal Sea"—ensuring the water you drink actually enters your cells and the nutrients you eat are actually absorbed.

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## Section 1: Hydration Quality & Mineral Status

*Assess your current hydration habits. Check the boxes that apply to you.*

**Hydration Symptoms (The "Cellular Thirst" Check):** - [ ] I drink 80oz+ of water but still feel thirsty or "dry" (skin/eyes). - [ ] I experience frequent muscle cramps or "tightness." - [ ] I feel "sloshy" or bloated after drinking water. - [ ] I experience "brain fog" even when I am drinking plenty of fluids. - [ ] I wake up in the middle of the night to use the bathroom frequently.

**Water Quality & Source:** - [ ] I drink primarily Reverse Osmosis (RO) or Distilled water. - [ ] I drink primarily tap water or unfiltered refrigerator water. - [ ] I drink out of plastic bottles daily (BPA/Phthalate risk). - [ ] **Current Protocol:** Do you add electrolytes or trace minerals to your water? (Yes/No) \_\_\_\_\_

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## Section 2: The Absorption & Density Audit

*Nutrients are only useful if they are ionized and absorbed. Use this to check your "Assimilation Node."*

- [ ] **Mastication:** Do you chew your food until it is a liquid consistency (20-30 chews)?
  - [ ] **Stomach Acid:** Do you experience bloating or "heaviness" immediately after protein-heavy meals?
  - [ ] **Fat-Soluble Co-factors:** Do you add a healthy fat (olive oil, avocado, ghee) to every vegetable-based meal?
  - [ ] **Density First:** Do you eat your most nutrient-dense item (greens, organ meats, cruciferous) at the start of the meal?
  - [ ] **Sourcing:** Are you currently sourcing from local regenerative farms or buying heirloom varieties?
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## Section 3: 7-Day Optimization Tracker

Track your transition from "Bulk Liquid" to "Mineralized Hydration" and "Nutrient Density."

Day	Mineralized Water? (Sea salt/Trace minerals added)	"Density First" Rule Followed? (High-nutrient item first)	Digestion Check (Chewing/Bitters/Fats)	Energy Level (1-10)
1	[ ]	[ ]	[ ]	
2	[ ]	[ ]	[ ]	
3	[ ]	[ ]	[ ]	
4	[ ]	[ ]	[ ]	
5	[ ]	[ ]	[ ]	
6	[ ]	[ ]	[ ]	
7	[ ]	[ ]	[ ]	

## Section 4: Reflection & Scoring

**Hydration Score:** (Count the "Yes" marks in the tracker for Mineralized Water) \_ / 7

**Absorption Score:** (Count the "Yes" marks in the tracker for Digestion Check) \_ / 7

### Practitioner Observations:

**Next Steps for the "Optimize" Phase:** 1. **Mineralize:** Add a pinch of high-quality sea salt or 5 drops of trace minerals to every 24oz of water. 2. **Crowd In:** Add one serving of "High Density" (Score 700+) greens to lunch and dinner. 3. **Fix the Pipe:** Practice 3 deep breaths before eating to stimulate the Vagus nerve and HCL production.

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