

Communication & Transport Vitality Assessment

Client Name: _____ Date: _____

Purpose: This tool helps identify if your symptoms are related to a **Communication** breakdown (the signals being sent between cells) or a **Transport** failure (the delivery of nutrients and removal of waste).

Section 1: The Communication Node (The "Wireless Network")

Check the boxes that apply to your experience over the last 14 days.

Master Communicators (Insulin/Cortisol) - ☐ "Wired but tired" (exhausted but can't sleep)
- ☐ Intense sugar or salt cravings - ☐ Energy crashes mid-morning or mid-afternoon - ☐
Weight gain specifically around the midsection

Signals & Static (Hormones/Neurotransmitters) - ☐ "I just don't feel like myself" (vague sense of desynchronization) - ☐ Brain fog that feels like "mental static" or lack of focus - ☐
Mood swings or sudden irritability - ☐ Feelings of being "stressed" even when there is no active stressor

Section 2: The Transport Node (The "Logistics System")

Check the boxes that apply to your experience over the last 14 days.

Microcirculation & Fluid Dynamics - ☐ Cold hands and feet (even in warm rooms) - ☐
Brain fog that seems to improve after exercise or movement - ☐ "Heavy" or "leadene" feeling in the legs by the end of the day - ☐ Rings feel tight or ankles look puffy (especially in the morning)

Lymphatic & Extracellular Matrix - ☐ Morning stiffness that goes away after moving around - ☐ General "puffiness" in the face or under the eyes - ☐ Sensitive or tender skin/tissues when pressed - ☐ "Weight loss resistance" despite a clean diet and exercise

Section 3: Node Prioritization & Reflection

Scoring Table: | Node | Total Checkmarks | Priority Level (Low/Med/High) | | :--- | :--- | :--- | |
Communication (Section 1) | _ / 8 | | **Transport** (Section 2) | ____ / 8 | |

Observations & Patterns: *Are your symptoms more about the "Signal" (mood/energy/cravings) or the "Delivery" (swelling/cold/heaviness)?*

The "Movement Test" Reflection: *Do your symptoms (like brain fog or stiffness) improve significantly after 10 minutes of walking or movement? If yes, the Transport node is likely a primary driver.*

Practitioner Next Steps:

- **If Communication is High:** Focus on HPA-axis support, blood sugar stabilization (Insulin), and identifying sources of "static" (inflammation).
 - **If Transport is High:** Implement "Movement Snacks" every 90 minutes, dry brushing, contrast showers, and magnesium to support vascular tone.
 - **Combined Protocol:** _____
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