

THE "LOW-TOX" HOME AUDIT & IMPLEMENTATION TRACKER

Client Name: __ Date: _____

Section 1: Environmental Load Assessment (The "Bucket" Audit)

Identify your current exposure points. Check the boxes that apply to your current environment.

AIR QUALITY & VOCs - [] I use scented candles, air fresheners, or "plug-ins" regularly. - [] I use conventional dryer sheets or scented laundry detergent. - [] I keep windows closed most of the day (no cross-ventilation). - [] I have new carpet, fresh paint, or new pressed-wood furniture (less than 1 year old).

WATER QUALITY - [] I drink unfiltered tap water or use a basic pitcher filter only. - [] I do not have a filter on my shower head. - [] I drink from plastic water bottles daily.

PERSONAL CARE & KITCHEN - [] My deodorant contains aluminum/antiperspirants. - [] My daily lotion or cosmetics contain "parabens" or "fragrance" on the label. - [] I use plastic containers to store or reheat leftovers. - [] I do not currently prioritize organic for the "Dirty Dozen" produce list.

Section 2: Priority Implementation Tracker

Functional Medicine is about ROI (Return on Investment). Choose TWO high-impact swaps to focus on this month.

Priority Area	Action Step (The "Swap")	Target Date	Completed
Air	Remove all synthetic fragrances (candles/plug-ins)		<input type="checkbox"/>
Water	Install a shower filter (Reduces chlorine inhalation)		<input type="checkbox"/>
Food	Print "Dirty Dozen" list; swap these 12 to organic		<input type="checkbox"/>

Priority Area	Action Step (The "Swap")	Target Date	Completed
Skin	Swap "The Big Three": Deodorant, Lotion, Lip balm		<input type="checkbox"/>
Kitchen	Replace plastic storage with glass or stainless steel		<input type="checkbox"/>

Section 3: Symptom Reflection (The "Overflow" Check)

The "Total Toxic Load" often manifests as non-specific symptoms. Rate these on a scale of 0-5 (0 = None, 5 = Severe).

Symptom	Baseline Score	Month 1 Follow-up	Month 2 Follow-up
Brain Fog / Focus Issues			
Fatigue / Low Energy			
Skin Irritation / Acne			
Hormonal Swings / PMS			
TOTAL LOAD SCORE:	-	-	-

Practitioner Observations:

Next Steps:

- Immediate:** Open windows for 10 minutes daily to reduce VOC accumulation.
 - Shop:** Purchase a HEPA air filter for the primary bedroom (where you spend 8+ hours).
 - Review:** Bring your most-used personal care product to our next session for a label audit.
-