

THE R.O.O.T.S.™ SYMPTOM-TO-SOLUTION DISCOVERY WORKSHEET

Client Name: _____ Date: _____

Instructions: This tool helps us bridge the gap between the symptoms you feel and the "Root Causes" we need to address. Please complete this prior to our Discovery Call or Initial Consultation.

Section 1: The "Reveal" Phase (Symptom Validation)

Check all that apply to your experience over the last 30 days. Remember: Even if your labs were "normal," your symptoms are real data.

Energy & Metabolism - ☐ Waking up tired even after 8+ hours of sleep - ☐ The "3:00 PM Crash" (needing caffeine or sugar to keep going) - ☐ Difficulty losing weight despite diet and exercise

Digestive Health - ☐ Bloating immediately after meals - ☐ Irregularity (constipation or loose stools) - ☐ Brain fog or "haziness" after eating certain foods

Hormonal & Mood Resilience - ☐ Feeling "wired but tired" at night - ☐ Irritability or mood swings that feel out of your control - ☐ Hair thinning or brittle nails

Section 2: Connecting the Dots (Symptom-to-System Mapping)

In the table below, list your top 3 most frustrating symptoms. During our session, we will fill in the "Potential Root System" using the R.O.O.T.S. Method™.

Your Primary Symptom	Frequency (Daily/Weekly)	Potential Root System (To be filled by Practitioner)
<i>Example: Bloating</i>	<i>Daily</i>	<i>Organize: Gut-Microbiome Axis</i>
1.		
2.		
3.		

Section 3: The Paradigm Shift (Reflection)

Why do you believe conventional approaches (e.g., "everything is normal" lab results) have not yet provided the relief you are looking for?

On a scale of 1-10, how ready are you to move past "symptom management" and begin a "solution-based" protocol? (1 = Just looking for info, 10 = Ready to start today)
Score: _

Next Steps:

1. **Submit** this worksheet to your practitioner.
 2. **Schedule** your R.O.O.T.S. Discovery Call to review these findings.
 3. **Review** the "Paradigm Shift" video sent to your email to understand our clinical framework.
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AccrediPro Standards Institute Certified Tool This tool is part of the R.O.O.T.S. Method™ Content & Clinical Strategy.
