

# ROOT CAUSE DISCOVERY: THE ATM TIMELINE WORKSHEET

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

## Section 1: Antecedents (The "Loaded Gun")

*Factors that predisposed you to your current health state (Pre-birth to Childhood).*

**Birth & Early Life:** - [ ] Born via C-Section - [ ] Not breastfed (or for less than 3 months) - [ ] Frequent antibiotics in childhood (3+ rounds per year) - [ ] High-sugar or processed food diet as a child - [ ] Significant childhood stress/trauma

**Family History & Genetics:** - [ ] Family history of autoimmunity: \_\_\_\_\_ - [ ] **Known genetic SNPs (e.g., MTHFR, COMT):** \_\_\_\_\_ - [ ] **Family history of metabolic issues (Diabetes, PCOS):** \_\_\_\_\_

Notes on Antecedents: \_\_\_\_\_

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## Section 2: Triggers (The "Spark")

*Identify the specific events that preceded a major shift in your health. "I haven't felt right since..."*

Date (Approx)	Event Type (Infection, Trauma, Stress, Toxin)	Description of the Event

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## Section 3: Mediators (The "Fuel")

*Ongoing factors that are keeping your symptoms active today.*

**Biochemical & Lifestyle Mediators:** - [ ] **Dietary:** High sugar, processed oils, or known sensitivities. - [ ] **Sleep:** Less than 7 hours, frequent waking, or non-restorative. - [ ] **Stress:** High "perceived stress" or lack of boundaries. - [ ] **Movement:** Sedentary lifestyle OR over-training/exhaustion.

**Psychosocial Mediators:** - [ ] **Belief Systems:** "I will never get better" or "My body is broken." - [ ] **Environment:** Exposure to mold, chemicals, or toxic relationships.

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## Section 4: Chronological Life Mapping

*Plotting the "Total Load" in 7-year increments.*

Age Range	Health Status (Quiet vs. Flare)	Major Life Events / Symptoms
0 - 7		
8 - 14		
15 - 21		
22 - 28		
29 - 35		
36 - 42		
43 - 50+		

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## Practitioner Reflection & Total Load Analysis

Primary Antecedent: \_\_\_\_\_ Primary Trigger(s): \_\_\_\_\_ Primary Mediators (To be addressed first): \_\_\_\_\_

The "Aha!" Moment (Summary of the narrative):

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## Next Steps:

1. Focus on Mediator: \_\_\_\_\_
  2. Clinical Testing Needed: \_\_\_\_\_
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*AccrediPro Standards Institute Certified Tool*

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