

THE HEALTH STORY MAP: Timeline Discovery Worksheet

Client Name: __ Date: _____

Section 1: Antecedents (The Foundation)

These are factors that "set the stage" or predisposed you to your current health state (genetics, birth history, early environment).

- ☐ **Birth History:** (e.g., C-section, premature, breastfed/formula) _____
- ☐ **Early Childhood:** (e.g., Frequent antibiotics, ear infections, allergies) _____
- ☐ **Family History:** (e.g., Autoimmunity, diabetes, thyroid issues) _____
- ☐ **Environment:** (e.g., Mold exposure, heavy metals, high-stress household) _____

Section 2: The Timeline (Mapping the Journey)

List major life events, illnesses, or stressors in chronological order to see the "Why" behind the "What."

Life Stage/Year	Event or Symptom (The "Trigger")	Impact on Health
Childhood		
Teens/20s		
30s/40s		
Recent (1-2 yrs)		

Section 3: Current Mediators & Triggers

What is currently "fueling" the fire or keeping your symptoms active today?

Daily Triggers (The Spark): - ☐ Poor Sleep - ☐ High Work/Life Stress - ☐ Food Sensitivities - ☐ Environmental Toxins

Mediators (The Fuel): *Thoughts, behaviors, or ongoing physiological issues that keep the cycle going.*

Section 4: Matrix Connections (The Logic)

Based on your story, which "Nodes" of your health matrix are most impacted?

- ☐ **Energy:** (Fatigue, mitochondrial health, "brain fog")
- ☐ **Communication:** (Hormones, thyroid, insulin)
- ☐ **Assimilation:** (Digestion, gut microbiome, absorption)
- ☐ **Defense & Repair:** (Immune system, inflammation)

Section 5: Practitioner/Client Reflection

The "Aha!" Moment: *What is the most significant connection we found today between your past history and your current symptoms?*

Client Goal Clarity: *On a scale of 1-10, how much more "logical" do your symptoms feel now that we've mapped them? Score: __ / 10*

Next Steps:

1.

2.

3.

AccrediPro Standards Institute Certified Tool Ref: Certified Functional Medicine Practitioner™ - Module 2: Organize
