

Cellular Hydration & Nutrient Absorption Audit

Client Name: __ Date: _____

This tool is designed to help you move beyond "bulk hydration" (just drinking volume) toward **cellular utility**. As a CFMP™, we focus on the "Internal Sea"—ensuring the water you drink actually enters your cells and the nutrients you eat are actually absorbed.

Section 1: Hydration Quality & Mineral Status

Assess your current hydration habits. Check the boxes that apply to you.

Hydration Symptoms (The "Cellular Thirst" Check): - ☐ I drink 80oz+ of water but still feel thirsty or "dry" (skin/eyes). - ☐ I experience frequent muscle cramps or "tightness." - ☐ I feel "sloshy" or bloated after drinking water. - ☐ I experience "brain fog" even when I am drinking plenty of fluids. - ☐ I wake up in the middle of the night to use the bathroom frequently.

Water Quality & Source: - ☐ I drink primarily Reverse Osmosis (RO) or Distilled water. - ☐ I drink primarily tap water or unfiltered refrigerator water. - ☐ I drink out of plastic bottles daily (BPA/Phthalate risk). - ☐ **Current Protocol:** Do you add electrolytes or trace minerals to your water? (Yes/No) __

Section 2: The Absorption & Density Audit

Nutrients are only useful if they are ionized and absorbed. Use this to check your "Assimilation Node."

- ☐ **Mastication:** Do you chew your food until it is a liquid consistency (20-30 chews)?
 - ☐ **Stomach Acid:** Do you experience bloating or "heaviness" immediately after protein-heavy meals?
 - ☐ **Fat-Soluble Co-factors:** Do you add a healthy fat (olive oil, avocado, ghee) to every vegetable-based meal?
 - ☐ **Density First:** Do you eat your most nutrient-dense item (greens, organ meats, cruciferous) at the start of the meal?
 - ☐ **Sourcing:** Are you currently sourcing from local regenerative farms or buying heirloom varieties?
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Section 3: 7-Day Optimization Tracker

Track your transition from "Bulk Liquid" to "Mineralized Hydration" and "Nutrient Density."

| Day | Mineralized Water? (Sea salt/Trace minerals added) | "Density First" Rule Followed? (High-nutrient item first) | Digestion Check (Chewing/Bitters/Fats) | Energy Level (1-10) |
|-----|--|---|--|---------------------|
| 1 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 2 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
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| 6 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 7 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |

Section 4: Reflection & Scoring

Hydration Score: (Count the "Yes" marks in the tracker for Mineralized Water) _ / 7

Absorption Score: (Count the "Yes" marks in the tracker for Digestion Check) _ / 7

Practitioner Observations:

Next Steps for the "Optimize" Phase: 1. **Mineralize:** Add a pinch of high-quality sea salt or 5 drops of trace minerals to every 24oz of water. 2. **Crowd In:** Add one serving of "High Density" (Score 700+) greens to lunch and dinner. 3. **Fix the Pipe:** Practice 3 deep breaths before eating to stimulate the Vagus nerve and HCL production.

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