

# THE FUNCTIONAL MEDICINE MATRIX MAPPING TOOL

Client Name: \_\_\_\_\_ Date: \_\_\_\_ Initial/Follow-up: \_\_\_\_\_

## Purpose of this Tool

This worksheet translates your health history from a list of symptoms into a dynamic "GPS map." We use this to identify the root causes (ATMs), the foundational habits (Lifestyle Factors), and the physiological imbalances (Clinical Nodes) that are driving your health concerns.

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## SECTION 1: THE FOUNDATION (Modifiable Lifestyle Factors)

*Rate your current status in each area (1 = Needs Significant Work, 5 = Optimized).*

Factor	Rating (1-5)	Top Priority for Change
<b>Sleep:</b> Quality, duration, and consistency	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<b>Movement:</b> Daily activity and structured exercise	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<b>Nutrition:</b> Nutrient density, hydration, reactions	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<b>Stress:</b> Management techniques and perceived load	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<b>Relationships:</b> Support system and social health	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

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## SECTION 2: THE CHRONOLOGY (ATMs)

*Identify the factors that set the stage, triggered the event, and keep it going.*

- **Antecedents (Pre-disposing factors):** (e.g., Genetics, birth history, childhood illnesses) \_\_\_\_\_
- **Triggers (Provoking events):** (e.g., Toxic exposure, major infection, physical/emotional trauma) \_\_\_\_\_

- **Mediators (Perpetuating factors):** (e.g., Ongoing poor diet, chronic stress, hidden infections) \_\_\_\_\_
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## SECTION 3: THE WEB OF DYSFUNCTION (The 7 Clinical Nodes)

*Check the nodes where symptoms or lab imbalances are present.*

- ☐ **Assimilation:** Digestion, absorption, microbiota, GI integrity.
  - ☐ **Defense & Repair:** Immune function, inflammation, infection, allergies.
  - ☐ **Energy:** Mitochondrial function, ATP production, oxidative stress.
  - ☐ **Biotransformation:** Liver function, detoxification, toxic load.
  - ☐ **Communication:** Hormones (Thyroid, Adrenal, Sex), neurotransmitters.
  - ☐ **Transport:** Cardiovascular system, lymphatic flow.
  - ☐ **Structural Integrity:** Bone density, muscle mass, cell membranes, skin.
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## SECTION 4: THE MES CORE (Mental, Emotional, Spiritual)

*The central filter of your health. Describe your current "Biological Signaling."*

**Current Mindset/Emotional State:** \_\_\_\_\_ **Sense of Purpose/Spiritual Connection:** \_\_\_\_\_  
*Practitioner Note: How are these signals affecting the Defense & Repair or Communication nodes?*

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## SECTION 5: PRACTITIONER SUMMARY & REFLECTION

**Primary "Web" Connection:** (e.g., *Inflammation in Assimilation is driving imbalances in Communication/Thyroid*)

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**Client Insight:** "I am not a collection of labels (ICD-10); I am a system that needs a tune-up in the following area(s):"

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**Immediate Next Steps:** 1. \_\_\_\_\_ 2. \_\_\_\_\_

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*AccrediPro Standards Institute Certified Tool*

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