

# R.O.O.T.S.™ High-Performance Health Audit

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

**Instructions:** This audit is designed to help you identify the "hidden leaks" in your physiological performance. Based on the R.O.O.T.S. Method™, please complete the sections below to see how your current habits are impacting your energy, focus, and long-term health.

## Section 1: The "Executive Matrix" Symptom Checklist

*Check any of the following that you have experienced in the last 30 days:*

- [ ] **The 3 PM Crash:** Sudden drop in energy or reliance on caffeine/sugar to finish the day.
- [ ] **Brain Fog:** Difficulty focusing on complex tasks or "word-finding" lag.
- [ ] **Wired but Tired:** Feeling exhausted at night but unable to fall asleep or stay asleep.
- [ ] **Digestive Distraction:** Bloating, discomfort, or irregular habits that disrupt your workday.
- [ ] **Decision Fatigue:** Feeling overwhelmed by simple choices by late afternoon.
- [ ] **Physical Tension:** Chronic neck, shoulder, or jaw tension (stress-resilience markers).

## Section 2: Functional Performance Ranking

*Rate your current status in the following R.O.O.T.S.™ nodes (1 = Poor, 5 = Peak Performance):*

R.O.O.T.S. Node	Focus Area	Score (1-5)
Reveal	Stress Resilience & Cortisol Rhythm	—
Organize	Circadian Hygiene & Sleep Architecture	—
Optimize	Nutrient Density & Blood Sugar Stability	—
Target	Mitochondrial Support & Mental Clarity	—
Sustain	Environment & Long-term Consistency	—

## Section 3: The "Aha!" Reflection

**1. What is your "High-Pain" Problem?** (The one symptom above that most interferes with your productivity or quality of life):

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**2. The Cost of Inaction:** If this symptom remains unaddressed for the next 6 months, how will it impact your career, family, or personal goals?

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**3. Health Literacy Score:** (Total of scores in Section 2) **Total Score: \_\_\_ / 25**

- **20-25:** High Performance (Maintenance mode)
- **15-19:** Functional Imbalance (Action required to prevent burnout)
- **Below 15:** Priority Intervention (Root-cause assessment recommended)

## **Next Steps:**

**Your Invitation:** Based on your audit, you are eligible for a **Functional Health Discovery Call.** During this 15-minute session, we will map your R.O.O.T.S.™ scores to a clinical strategy.

**Scan QR Code or Visit Link to Book:** \_\_\_\_\_

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*AccrediPro Standards Institute Certified Tool Developed for use with the R.O.O.T.S. Method™ Framework*

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