

# MY R.O.O.T.S. MATRIX ORGANIZER

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

## INSTRUCTIONS

This tool is designed to help you become your own "clinical detective." As we walk through the Functional Medicine nodes during our group session, listen to the descriptions of each physiological system. Instead of focusing on a diagnosis, focus on your **symptoms**. List your current health challenges in the corresponding boxes below to see how your body's systems are interconnected.

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### Section 1: Symptom Mapping (The "Organize" Phase)

*Listen to the practitioner's explanation of the "Trend" before filling in your specific symptoms.*

Matrix Node	What it Governs	My Symptoms / Observations
Assimilation	Digestion, Absorption, Microbiota, GI Health	_____
Defense & Repair	Immune System, Inflammation, Infection	_____
Biotransformation	Detoxification, Liver Function, Waste Removal	_____
Communication	Hormones, Neurotransmitters, Insulin	_____
Energy	Mitochondria, ATP Production, Fatigue	_____
Transport	Cardiovascular and Lymphatic Systems	_____
Structural Integrity	Muscles, Bones, Membranes, Skin	_____

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### Section 2: Lifestyle Foundations (The "Optimize" Intensive)

*Check the boxes for the areas you feel are currently your biggest "ROOT" triggers.*

- [ ] **Circadian Biology:** (e.g., Poor sleep, no morning light, blue light at night)
  - [ ] **Nutritional Density:** (e.g., Processed foods, sugar cravings, missing micros)
  - [ ] **Stress Modulation:** (e.g., High cortisol, lack of "pause" moments, shallow breathing)
  - [ ] **Movement/Stillness:** (e.g., Sedentary habits OR over-training without recovery)
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### **Section 3: Reflection & Social Normalization**

**Primary Trend Identified:** (e.g., *"My digestive issues seem to be driving my skin inflammation."*)

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**The "Me Too" Observation:** *What is one symptom you realized others in this group share? How does knowing this change your perspective on your healing journey?*

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**Reflection Score:** On a scale of 1-10, how confident do you feel in identifying the "ROOT" of your symptoms? \_\_\_\_\_

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### **Next Steps:**

1. **Identify your "Lead Node":** Which box in Section 1 has the most symptoms? \_\_\_\_\_
  2. **Weekly Challenge:** Choose ONE "Optimize" pillar to focus on this week. \_\_\_\_\_
  3. **Lab Sync:** Bring this worksheet to our "Reveal Workshop" to compare your symptoms to your biomarker trends.
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