

Multi-System Integration & Prioritization Map

Client Name: _____ Date: _____

Initial Assessment / 90-Day Re-Organization (Circle One)

Section 1: The Clinical Hierarchy Audit

Instructions: Review the five levels below. Check the symptoms/imbbalances currently present. Per the Clinical Hierarchy of Needs, you must stabilize Level 1 and 2 before moving to Level 5.

Hierarchy Level	Focus Area	Current Symptoms / Lab Markers	Status
1. Stability	Sleep, Blood Sugar, Hydration		<input type="checkbox"/> Unstable / <input type="checkbox"/> Stable
2. Assimilation	Gut, Digestion, Microbiome		<input type="checkbox"/> Imbalanced / <input type="checkbox"/> Clear
3. Defense	Immune, Inflammation		<input type="checkbox"/> Active / <input type="checkbox"/> Quiescent
4. Energy	Mitochondria, HPA Axis		<input type="checkbox"/> Depleted / <input type="checkbox"/> Resilient
5. Target	Hormones, Detox, Pathogens		<input type="checkbox"/> Deferred / <input type="checkbox"/> Ready

Section 2: Identifying Mediators & Perpetuators

Instructions: List the factors currently "stalling" progress. Distinguish between what is driving the chemistry (Mediators) and what is an ongoing external/habitual obstacle (Perpetuators).

Mediators (Biochemical/Psychosocial)

(e.g., High cortisol, fear-avoidance, cytokines)

1. _____ 2. _____

Perpetuators (Ongoing Exposures/Habits)

(e.g., Mold in home, 5 hours of sleep, toxic relationship, undiagnosed apnea)

1. _____ 2. _____

Section 3: Finding the "Lead Domino"

Based on the synthesis above, what is the ONE node or system that, if addressed, will create the greatest positive cascade across all other systems?

Primary Priority (The Lead Domino): _____

The 90-Day Goal: _____

Section 4: Dynamic Re-Organization (Reflection)

Narrative vs. Data Gap: (Are labs matching the client's story? If not, why?)

The "New Normal": (What has shifted in the last 90 days?)

Next Steps / Immediate Actions:

1. _____

2. _____

3. _____

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