

Functional Health Baseline & Cluster Analysis

Client Name: _____ Date: ____ Initial MSQ Total Score: _____ Follow-up MSQ Total Score (if applicable): _____

Section 1: MSQ System Cluster Summary

Instructions: After the client completes the full Medical Symptoms Questionnaire (MSQ), record the sub-total for each category below to identify "Hot Zones."

MSQ Category	Sub-Total	MSQ Category	Sub-Total
Head (Headaches, etc.)	—	Digestive Tract	—
Eyes/Ears	—	Joints/Muscles	—
Nose/Mouth/Throat	—	Weight/Metabolism	—
Skin/Acne/Hives	—	Energy/Fatigue	—
Heart/Chest	—	Mind/Emotions	—
Lungs/Breathing	—	Other: _____	—

Identify the "Anchor Symptom" (The loudest/highest scoring system): _____

Section 2: The Lifestyle 5 Matrix

Instructions: Rate the baseline inputs on a scale of 0–10 (0 = Poor/Non-existent, 10 = Optimal).

Pillar	Rating (0-10)	Practitioner Notes (Frequency, Quality, etc.)
Sleep	[]	Duration/Latency: _____
Exercise	[]	Type/Intensity: _____
Nutrition	[]	Hydration/Density: _____
Stress (PSS)	[]	Perceived Load: _____

Pillar	Rating (0-10)	Practitioner Notes (Frequency, Quality, etc.)
Relationships	[]	<i>Social Support:</i> _____

Section 3: Root Cause Cluster Identification

Instructions: Check the box if high scores (2s, 3s, or 4s) appear across these specific groupings.

- [] **The "Leaky" Cluster** (High Digestive + Skin + Joints)
 - *Suspected Mechanism:* Intestinal permeability / Systemic inflammation.
 - [] **The "Toxic" Cluster** (High Head + Lungs + Brain Fog)
 - *Suspected Mechanism:* Environmental burden / Poor biotransformation.
 - [] **The "Metabolic" Cluster** (High Weight + Energy + Heart)
 - *Suspected Mechanism:* Blood sugar dysregulation / Mitochondrial insufficiency.
 - [] **The "HPA-Axis" Cluster** (High Emotions + Sleep + Energy)
 - *Suspected Mechanism:* Chronic stress response / Adrenal-Thyroid axis.
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Section 4: Practitioner Reflection & Reveal

Primary System Focus for the next 30 days:

Client Strengths (Categories where they scored 0s):

Next Steps / Protocol Adjustments: 1. _____ 2. _____ 3. _____

Next MSQ Re-assessment Date: _____

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