

ROOT CAUSE DISCOVERY: THE ATM TIMELINE WORKSHEET

Client Name: _____ Date: _____

Section 1: Antecedents (The "Loaded Gun")

Factors that predisposed you to your current health state (Pre-birth to Childhood).

Birth & Early Life: - ☐ Born via C-Section - ☐ Not breastfed (or for less than 3 months) - ☐ Frequent antibiotics in childhood (3+ rounds per year) - ☐ High-sugar or processed food diet as a child - ☐ Significant childhood stress/trauma

Family History & Genetics: - ☐ Family history of autoimmunity: _____ - ☐ **Known genetic SNPs (e.g., MTHFR, COMT):** _____ - ☐ Family history of metabolic issues (Diabetes, PCOS): _

Notes on Antecedents: _____

Section 2: Triggers (The "Spark")

Identify the specific events that preceded a major shift in your health. "I haven't felt right since..."

Date (Approx)	Event Type (Infection, Trauma, Stress, Toxin)	Description of the Event

Section 3: Mediators (The "Fuel")

Ongoing factors that are keeping your symptoms active today.

Biochemical & Lifestyle Mediators: - ☐ **Dietary:** High sugar, processed oils, or known sensitivities. - ☐ **Sleep:** Less than 7 hours, frequent waking, or non-restorative. - ☐ **Stress:** High "perceived stress" or lack of boundaries. - ☐ **Movement:** Sedentary lifestyle OR over-training/exhaustion.

Psychosocial Mediators: - [] **Belief Systems:** "I will never get better" or "My body is broken." - [] **Environment:** Exposure to mold, chemicals, or toxic relationships.

Section 4: Chronological Life Mapping

Plotting the "Total Load" in 7-year increments.

Age Range	Health Status (Quiet vs. Flare)	Major Life Events / Symptoms
0 - 7		
8 - 14		
15 - 21		
22 - 28		
29 - 35		
36 - 42		
43 - 50+		

Practitioner Reflection & Total Load Analysis

Primary Antecedent: _____ **Primary Trigger(s):** _____ **Primary Mediators (To be addressed first):** _____

The "Aha!" Moment (Summary of the narrative):

Next Steps:

1. Focus on Mediator: _____
 2. Clinical Testing Needed: _____
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