

# TOTAL LOAD & LIFESTYLE FOUNDATION ASSESSMENT

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

**Instructions:** This tool helps identify the "Total Load" on your system and determines your "Lead Domino"—the one lifestyle factor that, if improved, will have the greatest impact on your overall health.

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## Section 1: The 5 Pillars of Lifestyle (Current Status)

*Rate your consistency over the last 14 days (1 = Never/Poor, 5 = Always/Optimal)*

Pillar	Assessment Metric	Score (1-5)
Sleep	7–9 hours, waking refreshed, consistent circadian rhythm.	_____ / 5
Exercise	Regular movement, avoiding prolonged sitting, strength/cardio mix.	_____ / 5
Nutrition	Whole foods, high phytonutrient diversity, healthy fats (Omega-3s).	_____ / 5
Stress	Ability to "down-regulate," daily mindfulness, manageable workload.	_____ / 5
Relationships	Strong social support, healthy boundaries, feeling connected.	_____ / 5

## Section 2: Structural Integrity (Macro to Micro)

*Check all that apply to your physical "container":*

**Macro/Meso (Physical Alignment & Tension)** - [ ] Frequent "Tech Neck" or slouching while working - [ ] Chronic stiffness in joints or back - [ ] History of injury that hasn't fully "reset" - [ ] High physical tension (feeling "locked" in the fascia/muscles)

**Micro (Cellular Structure)** - [ ] Low intake of cold-water fish, walnuts, or flax (Omega-3s) - [ ] Frequent consumption of processed vegetable oils or trans fats - [ ] Symptoms of "hormone

resistance" (e.g., stubborn weight, sugar crashes)

## Section 3: The "Total Load" Bucket

**Total Load Score:** Sum of Pillar Scores (out of 25): \_\_\_\_ (*Lower scores indicate a "fuller bucket" and higher allostatic load.*)

**Observations on "Leaking Energy":** Where is your "bucket" overflowing? (e.g., "I sit for 10 hours a day," "I only sleep 5 hours.")

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## Section 4: Identifying the "Lead Domino"

In Functional Medicine, the **Lead Domino** is the one factor that, if improved, makes all other pillars easier to manage.

**Which pillar is your Lead Domino?** (Circle one) **SLEEP | EXERCISE | NUTRITION | STRESS | RELATIONSHIPS**

**Why?** \_\_\_\_\_

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## Next Steps / Action Plan:

1. **Immediate Structural Break:** Set a timer for every \_\_\_\_ minutes to reset posture.
  2. **Lead Domino Goal:** \_\_\_\_\_
  3. **Objective Data Point:** (e.g., Track HRV, use Sleep Tracker, or Food/Mood Log)
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## Practitioner Notes:

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