



FMU Sequencing Analysis Questionnaire™

Patient Name: _____

Date: _____

Clinician: _____

DOB: _____



Purpose: This questionnaire helps identify the patient's dominant FMU pattern, stabilization priorities, treatment readiness, and first clinical direction. It is designed to help the clinician determine what should happen first before selecting labs, interventions, panels, or FMU Clinical Action Pathways™.



Reframe™ Prompt (Clinician Use):
What story am I telling myself too quickly about this patient?



Patient Instructions

Please answer each question based on how you have felt over the past 30–90 days.

Use this scoring scale:

0 = Not present 1 = Mild / occasional 2 = Moderate / frequent 3 = Severe / very frequent

Section 1

FMU Dominant Pattern Assessment™



A. Breakdown Pattern

This section helps identify depletion, poor reserve, recovery failure, and physiologic exhaustion.

Question		Score 0–3
1	I feel exhausted even after rest.	
2	I crash easily after physical, mental, or emotional effort.	
3	I feel like my body has very little reserve.	
4	I wake up tired or unrefreshed.	
5	I have difficulty recovering after stress.	
6	I feel weak, depleted, or physically drained.	
7	Exercise makes me worse or causes delayed crashes.	
8	I feel overwhelmed by normal daily demands.	
9	I have lost stamina compared with the past.	
10	I feel like my body cannot “bounce back.”	
Breakdown Score: _____		/ 30



FMU Sequencing Analysis Questionnaire™

SECTION 1

FMU Dominant Pattern Assessment™



B. Regulation Pattern

This section helps identify unstable rhythm, poor adaptation, autonomic dysregulation, blood sugar swings, and sleep/circadian disruption.

Question		Score (0-3)
1	My energy is inconsistent during the day.	
2	I experience afternoon crashes.	
3	I wake between 2-4 AM or have disrupted sleep rhythm.	
4	I feel worse if I skip meals or go too long without food.	
5	I get shaky, irritable, anxious, or weak when hungry.	
6	My mood or energy shifts quickly.	
7	I feel "wired but tired."	
8	I have difficulty calming down after stress.	
9	My sleep/wake rhythm feels unstable.	
10	I feel my body has trouble regulating itself.	
Regulation Score: _____		/ 30



C. Reactivity Pattern

This section helps identify hypersensitivity, inflammatory reactivity, histamine / mast-cell patterns, supplement intolerance, and exaggerated responses.

Question		Score (0-3)
1	I react strongly to foods, supplements, medications, or chemicals.	
2	I am sensitive to smells, fragrances, cleaners, or environmental exposures.	
3	Supplements or treatments often make me feel worse.	
4	I experience flushing, itching, hives, rashes, or histamine-type reactions.	
5	My symptoms flare unpredictably.	
6	I feel inflamed or reactive after certain foods.	
7	I have multiple sensitivities or intolerances.	
8	Detoxification or antimicrobial treatment has made me worse in the past.	
9	I feel easily overstimulated by noise, light, stress, or activity.	
10	My body seems to overreact to small triggers.	
Reactivity Score: _____		/ 30



Dominant Pattern Interpretation

Dominant Pattern: _____ Secondary Pattern: _____

Current State:

☐ Depleted / low reserve ☐ Unstable / dysregulated ☐ Reactive / sensitive ☐ Mixed / overlapping ☐ Higher capacity / stable

0-9 = **Low pattern expression** — This pattern is not strongly expressed.

10-18 = **Moderate pattern expression** — This pattern is clinically relevant and should influence sequencing.

19-30 = **Strong pattern expression** — This pattern is highly active and may strongly determine the first clinical move.





FMU Sequencing Analysis Questionnaire™

SECTION 2 FMU Clinical System Identification™



This section identifies where the dysfunction is showing up most strongly.

Use the same scoring scale: **0** = Not present, **1** = Mild / occasional, **2** = Moderate / frequent, **3** = Severe / very frequent.

A. Gastrointestinal / Microbiome

Question	Score
1 Bloating, gas, or abdominal discomfort	
2 Constipation, diarrhea, or irregular bowel movements	
3 Reflux, nausea, or poor digestion	
4 Food reactions or food sensitivity symptoms	
5 History of IBS, SIBO, dysbiosis, candida, <i>H. pylori</i> , or gut infections	
GI Score: _____ / 15	

B. Detoxification / Environmental Burden

Question	Score
1 Known or suspected mold, chemical, pesticide, or heavy metal exposure	
2 Sensitivity to smells, chemicals, fragrances, or environmental triggers	
3 Feeling worse with detoxification, sauna, binders, or cleansing programs	
4 Poor tolerance to alcohol, medications, chemicals, or supplements	
5 Sluggish elimination, constipation, or poor bile / gallbladder function	
Detox / Environmental Score: _____ / 15	

C. Endocrine / Hormonal / HPA Axis

Question	Score
1 Thyroid symptoms: cold, weight gain, hair loss, low energy, constipation	
2 Stress intolerance, burnout, or "wired but tired" feeling	
3 PMS, menopause symptoms, low libido, low testosterone, or hormone swings	
4 Waking 2-4 AM, cortisol rhythm issues, or poor stress recovery	
5 Blood sugar swings, cravings, insulin resistance, or weight-loss resistance	
Endocrine Score: _____ / 15	

D. Mitochondrial / Energy / Recovery

Question	Score
1 Chronic fatigue or low stamina	
2 Post-exertional malaise or crashing after activity	
3 Brain fog or poor mental endurance	
4 Muscle fatigue, weakness, or poor exercise recovery	
5 Feeling depleted after normal daily activities	
Mitochondrial / Energy Score: _____ / 15	

E. Immune / Inflammatory / Autoimmune

Question	Score
1 Autoimmune diagnosis or suspected autoimmune activity	
2 Chronic inflammation, joint pain, body aches, or swelling	
3 Frequent infections, chronic viral issues, or immune weakness	
4 Histamine, mast-cell, allergy, or inflammatory reactions	
5 Symptoms flare with stress, foods, infections, or environmental exposures	
Immune / Inflammatory Score: _____ / 15	

F. Nervous System / Regulation

Question	Score
1 Anxiety, panic, hypervigilance, or feeling overstimulated	
2 Poor sleep, light sleep, or difficulty calming down	
3 Dizziness, palpitations, poor HRV, or autonomic symptoms	
4 Stress causes major symptom flares	
5 Difficulty relaxing, recovering, or feeling safe in the body	
Nervous System Score: _____ / 15	

G. Cardiometabolic / Vascular

Question	Score
1 High blood pressure, high cholesterol, or vascular risk	
2 Insulin resistance, pre-diabetes, diabetes, or metabolic syndrome	
3 Weight gain, abdominal weight, or weight-loss resistance	
4 Fatty liver, elevated triglycerides, or poor metabolic labs	
5 Family history of cardiovascular disease, stroke, diabetes, or obesity	
Cardiometabolic Score: _____ / 15	



System Priority Interpretation

Top System Priority: _____

Second Priority: _____

Third Priority: _____

0-4 = Low priority — May be present but not dominant.

5-9 = Moderate priority — Clinically relevant and should be considered.

10-15 = High priority — Likely a major area where the pattern is expressing.



FMU Sequencing Analysis Questionnaire™

SECTION 3

FMU Stabilization Priority Assessment™



This section identifies what must stabilize before deeper intervention is introduced.

Use the same scoring scale: **0** = Not present, **1** = Mild / occasional, **2** = Moderate / frequent, **3** = Severe / very frequent.



A. Sleep Stability

	Question	Score
1	Poor sleep quality	
2	Difficulty falling asleep	
3	Waking during the night	
4	Waking unrefreshed	
5	Sleep disruption worsens symptoms	
Sleep Stability Score: _____ / 15		



B. Blood Sugar Stability

	Question	Score
1	Cravings for sugar or carbohydrates	
2	Shaky, irritable, anxious, or weak when hungry	
3	Afternoon energy crashes	
4	Need for caffeine or snacks to function	
5	Symptoms worsen when meals are skipped	
Blood Sugar Stability Score: _____ / 15		



C. Bowel / Elimination Stability

	Question	Score
1	Constipation or incomplete elimination	
2	Irregular bowel movements	
3	Bloating or discomfort related to bowel function	
4	Symptoms worsen with detoxification or cleansing	
5	Poor hydration or low fluid intake	
Bowel / Elimination Score: _____ / 15		



D. Nervous System / Stress Stability

	Question	Score
1	Anxiety, overwhelm, or hypervigilance	
2	Stress strongly worsens symptoms	
3	Difficulty calming down	
4	Feeling overstimulated by normal demands	
5	Poor recovery after emotional stress	
Nervous System / Stress Score: _____ / 15		



E. Treatment Tolerance Stability

	Question	Score
1	Sensitive to supplements, medications, or treatment plans	
2	Treatments often cause flares	
3	Detox, antimicrobials, or probiotics have worsened symptoms	
4	Requires very small doses to tolerate treatments	
5	Symptoms are unpredictable after new interventions	
Treatment Tolerance Score: _____ / 15		



F. Recovery Capacity

	Question	Score
1	Poor recovery after exercise or activity	
2	Crashes after physical, mental, or emotional effort	
3	Needs long rest periods to recover	
4	Feels depleted after normal daily activity	
5	Low resilience compared with the past	
Recovery Capacity Score: _____ / 15		



Stabilization Priority Interpretation

Top Stabilization Priority: _____

Second Priority: _____

Third Priority: _____

0–4 = Stable or low concern — Does not appear to be a major barrier.

5–9 = Moderate instability — Should be supported and monitored.

10–15 = High instability — This may need to stabilize before deeper intervention.





FMU Sequencing Analysis Questionnaire™

SECTION 4 FMU Treatment Readiness Assessment™

This section helps determine whether the patient is ready for deeper functional medicine intervention. Please answer YES / NO / UNSURE.

Question		Yes	No	Unsure
1	Do supplements often make you feel worse?			
2	Have detox programs made you worse?			
3	Have antimicrobials or probiotics made you worse?			
4	Do you crash after exercise or exertion?			
5	Do you react strongly to foods, chemicals, smells, or medications?			
6	Do you have constipation or poor elimination?			
7	Is your sleep unstable or non-restorative?			
8	Do you feel overwhelmed by complex treatment plans?			
9	Do new interventions cause unpredictable symptoms?			
10	Do you feel your body is currently fragile or reactive?			
		Total YES answers: _____ / 10		



Readiness Interpretation

0–2 YES answers = Higher readiness — Patient may be more ready for targeted intervention, assuming no red flags.

3–5 YES answers = **Moderate readiness concern** — Proceed carefully. Stabilization and pacing are important.

6–10 YES answers = **Low readiness / high caution** — Patient likely needs stabilization first. Avoid aggressive detox, antimicrobials, hormone optimization, or stacking multiple new interventions at once until tolerance improves.

SECTION 5 FMU Lab Readiness & Lab Bucket Direction™

This section helps decide whether labs should be ordered now and what type may be most useful.



A. Foundational Lab Need

Foundational Lab Need: ☐ Low ☐ Moderate ☐ High

Possible bucket: CBC, CMP, lipid panel, HbA1c, fasting glucose, fasting insulin, hs-CRP, thyroid screen, vitamin D, ferritin, B12, magnesium, urinalysis.

Question		Yes	No
1	No recent bloodwork in the past 6–12 months		
2	Fatigue, inflammation, metabolic, thyroid, or nutrient concerns present		
3	Multiple symptoms without clear baseline markers		
4	Medication use requiring monitoring		
5	Cardiometabolic risk factors present		



B. Specialty Lab Readiness



FMU Lab Principle:

Do not order a test simply because it exists.

Ask: "Will this test change the next clinical decision?"

Specialty Area	Consider Now	Wait / Stabilize First
GI testing		
Hormone testing		
Environmental / toxin testing		
Immune / autoimmune testing		
Nutrient testing		
Genetics / nutrigenomics		





FMU Sequencing Analysis Questionnaire™

SECTION 6

FMU Clinical Interpretation Summary™

This section is completed by the clinician.



1. Dominant FMU Pattern

Breakdown Score: _____ / 30

Regulation Score: _____ / 30

Reactivity Score: _____ / 30

☐ Breakdown ☐ Regulation ☐ Reactivity ☐ Mixed Pattern

Clinical Meaning:



2. Pattern Interpretation

Breakdown Pattern Meaning: The patient may have low reserve, depletion, poor recovery, exhaustion, and reduced capacity to tolerate aggressive intervention. Sequencing implication: Start with nourishment, stabilization, recovery support, sleep, pacing, and low-intensity interventions.

Regulation Pattern Meaning: The patient may have unstable rhythms, blood sugar instability, stress physiology, circadian disruption, autonomic imbalance, and poor adaptability. Sequencing implication: Start with rhythm restoration, blood sugar stability, sleep timing, nervous system regulation, and stress / recovery support.

Reactivity Pattern Meaning: The patient may have hypersensitivity, inflammation, histamine / mast-cell patterns, supplement intolerance, food reactions, chemical sensitivity, or exaggerated treatment responses. Sequencing implication: Start with calming, simplification, burden reduction, low-reactivity support, and treatment tolerance stabilization.



3. Top System Priorities

Top System: _____ Score: _____

Second System: _____ Score: _____

Third System: _____ Score: _____

Clinical Meaning:



4. Top Stabilization Priorities

Top Priority: _____ Score: _____

Second Priority: _____ Score: _____

Third Priority: _____ Score: _____

Clinical Meaning:



5. Treatment Readiness

Total YES answers: _____ / 10

☐ Higher readiness ☐ Moderate readiness concern

☐ Low readiness / high caution

Clinical Meaning:



6. First Support Direction

- ☐ Sleep stabilization
- ☐ Blood sugar stabilization
- ☐ Bowel / elimination support
- ☐ Nervous system regulation
- ☐ Treatment tolerance stabilization
- ☐ Recovery / resilience support
- ☐ Foundational nutrition and hydration
- ☐ Burden reduction
- ☐ Other: _____

Why this comes first:



7. Lab Direction

- ☐ Foundational labs
- ☐ Metabolic labs
- ☐ Thyroid / endocrine labs
- ☐ GI labs
- ☐ Inflammatory / immune labs
- ☐ Nutrient labs
- ☐ Environmental / toxin labs
- ☐ Hormone labs
- ☐ Not yet — stabilize first

Reason:



8. Clinical Action Pathway Readiness

- ☐ Stabilization pathway
- ☐ Foundational support
- ☐ GI Clinical Action Pathway™
- ☐ Endocrine / HPA Axis Clinical Action Pathway™
- ☐ Detoxification Clinical Action Pathway™
- ☐ Mitochondrial Clinical Action Pathway™
- ☐ Immune / Inflammatory Clinical Action Pathway™
- ☐ Cardiometabolic Clinical Action Pathway™
- ☐ Nervous System Regulation Pathway™
- ☐ Not ready for deeper pathway yet



9. What NOT To Do Yet

- ☐ Aggressive detoxification
- ☐ Strong antimicrobials
- ☐ High-dose supplementation
- ☐ Multiple new supplements at once
- ☐ Restrictive dieting
- ☐ Hormone optimization
- ☐ Intense exercise
- ☐ Sauna / binders / drainage
- ☐ Probiotics if highly reactive
- ☐ Other: _____

Reason:



10. FMU Clinical Decision Summary

Dominant Pattern: _____
Most Affected Systems: _____
Top Stabilization Priorities: _____
First Support Direction: _____
Initial Lab Direction: _____
Initial Clinical Action Pathway™: _____
Main Sequencing Warning: _____
Next Step: _____



Adapt™ Follow-Up Prompt

At follow-up, did the patient improve, flare, tolerate the plan, or need the sequence changed?



Final FMU Interpretation Principles

1. The goal is not to treat everything immediately.
2. The goal is to determine what matters most right now.
3. The goal is not to overwhelm the patient.
4. The goal is to improve readiness, tolerance, and stability.
5. Sequence creates safety.
6. Safety improves tolerance.
7. Tolerance allows deeper work.
8. Deeper work creates better outcomes.
9. That is the purpose of FMU Sequencing Analysis™.

