

Module 2 Self/Client Audit Worksheet

Fillable · type into each box or print · use alongside the Module 1 worksheet

Part A — Dysbiosis risk screen (Lesson 2.2)

Antibiotic use in the past 6 months? (Y/N, which, how recently)

Current stress load (low/moderate/high) and impact on digestion

Typical daily fibre/plant diversity (variety, not just quantity)

Known or suspected overgrowth/infection history

Environmental exposure notes (if relevant/known)

Part B — Symptom pattern (Lessons 2.1 + 2.2)

Digestive symptoms present

Non-digestive symptoms that might be gut-linked (fatigue, brain fog, mood, skin)

SIBO-type vs. colon-based dysbiosis, or unclear?

Part C — Testing decision (Lesson 2.3)

Would a test actually change the plan, or is history already clear? (the over-testing check)

If testing is warranted, which modality and why

Part D — HSI six-stage plan (Lesson 2.4)

Identify: key contributing factors from Parts A–C

Investigate: is testing warranted, and which

Reduce burden: what to remove or address first

Rebuild: what to support directly

Reintroduce: what to add back, and how

Reinforce: sustaining factors (sleep, stress, consistency)