

R.O.O.T.S. Optimize™ Group Progress Tracker

Client Name: _____ Cohort Start Date: ____ Week Number: [1][2][3][4][5][6][7][8][9][10][11][12]

Section 1: Foundational Pillar Checklist

The "Optimize" phase focuses on the universal 70% of health habits. Check off the foundational goals you are focusing on this week:

- [] **Nutrition:** Following the anti-inflammatory/protocol guidelines.
- [] **Hydration:** Consuming half your body weight (oz) in filtered water.
- [] **Sleep Hygiene:** Minimum 7–8 hours of restorative sleep.
- [] **Circadian Biology:** Morning sunlight exposure within 30 mins of waking.
- [] **Stress Resilience:** Daily 10-minute nervous system regulation (breathwork/meditation).

Section 2: Weekly Lifestyle Tracking

Consistency is the key to the R.O.O.T.S. Method™. Mark a "✓" for each day you successfully implement your foundational pillars.

Pillar	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Optimal Nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Targeted Hydration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep/Circadian Timing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Movement/Activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stress Management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 3: Group Social Contagion & Reflection

Leverage the power of your cohort. Research shows that group support increases adherence by 22%.

1. The "Normalization" Effect: What is one healthy habit you saw a peer doing this week that made it feel easier for you to implement?

2. Group Contribution: What "win" or resource did you share with the group this week to support others?

3. Weekly Score (0–10): How would you rate your commitment to the *Optimize* phase this week? __

Current Observations/Symptom Changes:

Next Steps:

- ☐ Post your "Win of the Week" in the Group Community Portal.
 - ☐ Review the **Evergreen Asset** for next week: *[Insert Video/PDF Title]*.
 - ☐ Prepare one specific question for our next Live Group Q&A Session.
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