

The Vitality Optimization Tracker: From "Normal" to "Optimal"

Client Name: _____ **Date:** ____ **Focus Phase:** Optimize (The "O" Phase)

Section 1: The Functional Gap Assessment

Use this section to compare your "Normal" lab results with our "Functional Optimization" targets. This identifies the "levers" we need to pull to move you from just "not sick" to truly thriving.

Metric	Your "Normal" Lab Value	Functional Optimal Range	The Gap (Priority)
Ferritin (Iron)	____ ng/mL	70 – 100 ng/mL	<input type="checkbox"/> Low <input type="checkbox"/> Med <input type="checkbox"/> High
Thyroid (TSH)	____ mIU/L	1.0 – 2.0 mIU/L	<input type="checkbox"/> Low <input type="checkbox"/> Med <input type="checkbox"/> High
Vitamin D	____ ng/mL	50 – 80 ng/mL	<input type="checkbox"/> Low <input type="checkbox"/> Med <input type="checkbox"/> High
Other: ____	____	_____	<input type="checkbox"/> Low <input type="checkbox"/> Med <input type="checkbox"/> High

Section 2: Mitochondrial "Spark Plug" Protocol

We are fine-tuning your cellular power plants. Track your consistency with these "High-Octane" fuel delivery habits over the next week.

[illegible]

Section 3: Vitality & Performance Scoring

In the Optimize phase, we track **performance**, not just symptoms. Rate yourself on a scale of 1–10 (1 = Low/Poor, 10 = Peak Performance).

- **Afternoon Mental Clarity:** ____ / 10
- **Physical "Spark" (Energy to Exercise):** ____ / 10
- **Emotional Resilience:** ____ / 10
- **Recovery After Activity:** ____ / 10

Total Vitality Score: __ / 40

Section 4: Reflection & Fine-Tuning

The "High-Performance Car" Observation: Where do you feel your "engine" is still lagging, even though the "check engine light" (symptoms like bloating) is now off?

Coach's Clinical Pearl: *Remember: We aren't just fixing what's broken; we are tuning the instrument. This week, we focus on [] Nutrient Density | [] Absorption | [] Hormonal Rhythm.*

Next Steps:

1. _____

2. _____

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