

R.O.O.T.S. Method™ Transformation Tracker

Client Name: __ Date Started: _____

Section 1: The "Reveal" Phase (Initial Assessment)

In Functional Medicine, we look beyond "normal" labs to find the hidden drivers of your symptoms. Check the areas where you currently feel "stuck" or have been told everything is "fine" despite feeling unwell.

- ☐ **Unexplained Fatigue** (Mitochondrial/Adrenal)
- ☐ **Digestive Distress** (Bloating, Food Sensitivities)
- ☐ **Brain Fog/Mood** (Neuro-inflammation)
- ☐ **Sleep Issues** (Circadian Rhythm Disruption)
- ☐ **Skin/Hair Changes** (Nutrient Malabsorption/Hormonal)

The "Hidden" Discovery: (Notes on OATS, GI Map, or DUTCH findings)

Section 2: The R.O.O.T.S. Progress Log

Use this table to track your transition from managing symptoms to addressing root causes over the next 4 weeks.

Phase	Focus Area	Week 1 Status	Week 4 Status
REVEAL	Identifying hidden stressors/toxins	<input type="checkbox"/>	<input type="checkbox"/>
ORGANIZE	Connecting gut, brain, and immune links	<input type="checkbox"/>	<input type="checkbox"/>
OPTIMIZE	Foundations: Sleep, Hydration, Movement	<input type="checkbox"/>	<input type="checkbox"/>
TARGET	Specific supplements/interventions	<input type="checkbox"/>	<input type="checkbox"/>
SUSTAIN	Resilience and metabolic flexibility	<input type="checkbox"/>	<input type="checkbox"/>

Section 3: Authority & Transformation Reflection

Authority-based care is about understanding your own body. Reflect on the shift in your health narrative.

1. The "Conventional" Failure: What were you told previously that didn't work?

2. The Root Cause Breakthrough: What is the one thing you now understand about your health that you didn't before?

3. Quality of Life Score (1-10): * Start of Program: _ * Current Progress: _

Observations on Transformation: (e.g., "I can now hike with my kids without crashing.")

Next Steps:

- ☐ Schedule "Sustain" Phase Review
 - ☐ Review Advanced Functional Lab Re-testing
 - ☐ (Optional) Sign HIPAA Release for "Transformation Story" Case Study
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AccrediPro Standards Institute Certified Tool This tool is designed for CFMP™ practitioners to facilitate the R.O.O.T.S. Method™ framework with clients.
