

# "Power of the Pack" Group Success Tracker

Client Name: \_\_\_\_\_ Cohort/Group Name: \_\_\_\_\_ Date: \_\_ Week of Program: [ 1 ][ 2 ][ 3 ]  
[ 4 ][ 5 ][ 6 ]

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## Section 1: The Collective "Reveal"

*In our Group Matrix, we identified common triggers. Check the areas where you are focusing your efforts this week based on our shared Timeline Workshop.*

- [ ] **Assimilation (Gut):** Managing microbiome, digestion, or food sensitivities.
  - [ ] **Defense & Repair (Immune):** Addressing inflammation or chronic triggers.
  - [ ] **Energy/Bioenergetics:** Improving mitochondrial function and sleep.
  - [ ] **Social Connection:** Reducing isolation through active group participation.
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## Section 2: Weekly Progress & Social Contagion Log

*Use this table to track your daily actions. In the "Peer Insight" column, note one thing you learned from a fellow group member that inspired your own choices.*

Day	Primary Action (Food/Lifestyle)	Peer Insight / "Social Contagion" Moment
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

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## Section 3: Clinical Outcome Self-Assessment

*Based on the Cleveland Clinic "Functioning for Life®" metrics, rate your current status on a scale of 1-10 (1 = Poor, 10 = Optimal).*

- 1. Physical Health Score:** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
- 2. Mental/Emotional Health Score:** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
- 3. Self-Efficacy (Confidence in managing health):** [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**Current Weight (if applicable to goal):** \_\_\_\_\_

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## **Section 4: Reflection & Peer Modeling**

**Who in the group inspired you this week? What specific habit did they model?**

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**What "Common Pattern" did you notice between your health journey and another member's?**

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## **Next Steps for the "Sustain" Phase:**

*Identify one habit you will "Target" for next week's group check-in:*

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*AccrediPro Standards Institute Certified Tool | R.O.O.T.S. Method™ Collective*

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