

ANABOLIC DRIVE & STRUCTURAL INTEGRITY WORKSHEET

Client Name: __ Date: __ Age: __

Section 1: The "Reveal" Phase (Biomarker Baseline)

Assess the rate of musculoskeletal decay and current anabolic drive.

Metric	Client Value	Functional Optimal	Status (Low/Opt/High)
Grip Strength	__ kg/lb	Top 25th Percentile	<input type="checkbox"/>
DEXA T-Score	__	> 0.0	<input type="checkbox"/>
Serum IGF-1	__ ng/mL	125 – 175 ng/mL	<input type="checkbox"/>
Vitamin D (25-OH)	__ ng/mL	50 – 80 ng/mL	<input type="checkbox"/>
hs-CRP	__ mg/L	< 1.0 mg/L	<input type="checkbox"/>
Free Testosterone	__ pg/mL	Upper Quartile	<input type="checkbox"/>

Section 2: The "Target" Phase (Anabolic Protocol)

Overcoming anabolic resistance through targeted nutrition and mechanical loading.

A. Protein Pacing (Goal: 1.2g - 1.6g/kg body weight)

Note: Each meal must hit the ~3.5g Leucine threshold (30-40g total protein) to trigger mTOR.

Meal Time	Protein Target	Source (High Leucine)	Completed?
Breakfast	30–40g		<input type="checkbox"/>
Lunch	30–40g		<input type="checkbox"/>
Dinner	30–40g		<input type="checkbox"/>
Pre-Sleep	20–30g	(Slow-digesting/Casein)	<input type="checkbox"/>

B. Structural Supplementation

- [] **Creatine Monohydrate:** 5g daily (for myogenic signaling & BMD support)
- [] **Collagen Peptides (15-20g) + Vit C:** Taken 45–60 mins *before* loading
- [] **Vitamin K2 (MK-7):** To activate osteocalcin for bone mineralization
- [] **HCL/Digestive Support:** To ensure amino acid absorption (if hypochlorhydria present)

C. Mechanical Loading (Resistance Training)

- **Frequency Goal:** _____ days/week
- **Primary Focus:** (e.g., Hips, Spine, Compound lifts) _____

Section 3: Monthly Progress Tracking

Metric	Month 1	Month 2	Month 3
Grip Strength			
Body Comp (ALM)			
Energy/Recovery			

Practitioner Observations:

Next Steps:

- [] Schedule follow-up DEXA/Bloodwork for _____ (Date)
 - [] Adjust Leucine intake if satiety or digestion issues arise
 - [] Increase resistance training load by 5-10% once form is mastered
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