

# N-of-1 Clinical Validation Tracker

Client Name: \_\_\_\_\_ Date Started: \_\_ Review Date: \_\_\_\_

## Section 1: The EBFM Triad (The "Why")

*Before starting an intervention, document the three pillars of Evidence-Based Functional Medicine to ensure clinical authority and client buy-in.*

1. **Best External Evidence:** (e.g., Physiological mechanism, study on a similar population)

\_\_\_\_\_

2. **Clinical Expertise:** (e.g., Your observation of the client's patterns, past successes)

\_\_\_\_\_

3. **Patient Values & Preferences:** (e.g., Client's budget, dietary restrictions, goals)

\_\_\_\_\_

## Section 2: The N-of-1 Protocol Design

**The Hypothesis:** "By implementing \_\_\_\_, we expect to see an improvement in \_\_\_\_ because of [Physiological Mechanism]."

**The Intervention:** - [ ] **Dietary:** \_\_\_\_\_ - [ ] **Supplementation:** \_\_\_\_\_ - [ ]

**Lifestyle/Stress:** \_\_\_\_\_

## Section 3: Clinical vs. Statistical Significance

*Record baseline markers. We are looking for "Clinical Significance"—changes that actually improve your quality of life.*

Marker (Lab or Symptom)	Baseline (Day 0)	Goal / Target	Follow-up (Day ____)
<b>Objective:</b> (e.g., hs-CRP, HbA1c, TPO)			
<b>Subjective:</b> (e.g., Brain fog 1-10)			
<b>Subjective:</b> (e.g., Energy levels 1-10)			
<b>Subjective:</b> (e.g., Joint pain 1-10)			

## Section 4: 12-Week Progress Tracker

Check the box for each week of 100% protocol adherence. Note any "Real World" variables.

Week	Adherence	Notes (Changes in sleep, stress, or symptoms)
Week 1-2	<input type="checkbox"/>	
Week 3-4	<input type="checkbox"/>	
Week 5-6	<input type="checkbox"/>	
Week 7-8	<input type="checkbox"/>	
Week 9-10	<input type="checkbox"/>	
Week 11-12	<input type="checkbox"/>	

## Section 5: Validation & Reflection

**Clinical Outcome:** [ ] **Success:** Significant clinical improvement noted. (Proceed to maintenance) [ ] **Mixed:** Some markers improved, others didn't. (Refine the variable) [ ] **Inconclusive:** No change noted. (Apply Precautionary Principle/Pivot)

**Practitioner Observations:**

**Next Steps:**

AccrediPro Standards Institute Certified Tool | CFMP™ Evidence-Based Triad Framework