

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	[] Low [] Med [] High
Thyroid (TSH)	___ mIU/L	1.0 – 2.0 mIU/L	[] Low [] Med [] High
Vitamin D	___ ng/mL	50 – 80 ng/mL	[] Low [] Med [] High
Other: ___	___	___	[] Low [] Med [] 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.

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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