

# R.O.O.T.S. Method™: Peptide Therapy Protocol & Progress Tracker

Client Name: \_\_\_\_\_ Date: \_\_\_\_

Practitioner: \_\_\_\_\_ Phase: Target / Sustain

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## Section 1: Pre-Protocol Readiness (The "Optimize" Check)

*Before moving to the Target phase, verify that foundational interference has been cleared.*

- ☐ **Anti-Inflammatory Status:** Is the client currently following a nutrient-dense, low-toxin diet?
  - ☐ **Hydration:** Is the client consuming adequate electrolytes and water?
  - ☐ **Sleep Hygiene:** Is the client prioritizing a 7-9 hour sleep window?
  - ☐ **Safety/Sourcing:** Has the peptide been sourced from a certified compounding pharmacy (not "research grade")?
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## Section 2: Targeted Protocol Design

*Map the signaling molecule to the clinical objective identified in the Reveal/Organize phases.*

Peptide Selection	Primary Goal (GI, Immune, Tissue, Metabolic)	Frequency & Timing
BPC-157	<input type="checkbox"/> Gut Lining <input type="checkbox"/> Tendon/Ligament Repair	
TB-500	<input type="checkbox"/> Systemic Repair <input type="checkbox"/> Muscle/Heart Recovery	
Thymosin Alpha-1	<input type="checkbox"/> Viral Modulation <input type="checkbox"/> Autoimmune Support	
Ipamorelin/CJC-1295	<input type="checkbox"/> Deep Sleep <input type="checkbox"/> Metabolic/Body Comp	

**The "Evening Ritual" Reminder (For GHS users):** *To ensure maximum GH pulse, I will consume my last meal at: \_\_\_\_ (2-3 hours before administration/bed).*

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## Section 3: 4-Week Progress Tracker

Rate symptoms/goals on a scale of 1–10 (1 = Poor/High Pain, 10 = Optimal/No Pain).

Metric to Track	Baseline	Week 1	Week 2	Week 3	Week 4
Energy Levels (Sarah Case Study)					
Pain Intensity (Site: _____)					
Digestive Comfort (Bloating/IBD)					
Sleep Quality (Deep/REM sleep)					
Immune Resilience (Sore throat/Nodes)					

## Section 4: Practitioner Reflection & Next Steps

Total Improvement Score (Avg. change across metrics): \_\_\_\_

**Clinical Observations:** (Note any changes in "Brain Fog," recovery time, or lab markers like EBV titers or inflammatory cytokines)

**Next Phase Transition:** - [ ] **Continue Target Phase:** Repeat for another 4–8 weeks (Max 12 weeks for TA-1/GHS). - [ ] **Transition to Sustain:** Move to a maintenance "burst" protocol or lower frequency. - [ ] **Re-Evaluate:** Re-check "Optimize" foundations if progress has plateaued.

*AccrediPro Standards Institute Certified Tool Disclaimer: This tool is for educational purposes within a coaching scope. Peptides should be administered under the guidance of a licensed medical professional.*