

Foundational Stability & Readiness Tracker

Client Name: _____ Date: _____

Current Phase: [] Optimize (Foundations) [] Transitioning to Target (Specific Protocols)

Section 1: The Foundational Five (Current Status)

Assess the current stability of the client's biological environment. Check the box if the optimization goal is being met consistently.

Pillar	Optimization Goal	Status	Notes (Barriers/Successes)
Nutrition	Stable blood sugar; No "hangry" episodes; Nutrient-dense meals.	[]	
Sleep	7-9 hours; Falling asleep <20 mins; Waking refreshed.	[]	
Movement	Daily non-exercise activity; Lymphatic flow (walking/stretching).	[]	
Stress	Active vagal tone practices; Feeling "capable" vs. "overwhelmed."	[]	
Environment	Clean water/air; Conscious reduction of EMFs/toxins.	[]	

Section 2: Clinical Readiness Markers (The "Green Light" Checklist)

Before moving to "Targeting" (detox, antimicrobials, or heavy supplementation), the client should ideally meet these markers to ensure they have the Metabolic Reserve to handle the intervention.

Marker	Target Metric	Current Status
Elimination	1-3 easy-to-pass BMs daily (Bristol 3 or 4)	[] Yes [] No
Energy	Stable energy throughout day (no 3 PM crash)	[] Yes [] No

Marker	Target Metric	Current Status
Metabolic	No "crashes" or irritability between meals	[] Yes [] No
Capacity	Client feels ready for <i>new</i> habits/protocols	[] Yes [] No

Section 3: Metabolic Reserve Reflection

Scoring: - 0-2 "Yes" markers: **Fragile.** Continue Optimize Phase. Do not introduce targeted protocols. - 3 "Yes" markers: **Emerging Stability.** Introduce low-potency targeted support cautiously. - 4 "Yes" markers: **Resilient.** Ready for Target Phase (Detox, Gut Protocols, etc.).

Practitioner Observations:

Client Feedback (How is your "bandwidth" today?):

Next Steps:

[] **STAY** in Optimize Phase: Focus on Pillar(s): _____

[] **GRADUATE** to Target Phase: Begin Specific Protocol for: _____

[] **RE-ASSESS:** Schedule follow-up in __ weeks to check stability markers.

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