

Tracking Your Progress: The Key to Your Success

What is Outcome Tracking?

Outcome tracking is a simple way for us to see exactly how you are improving over time. Instead of just guessing how you feel, we use tools like checklists and symptom surveys to turn your health journey into clear data. This helps us make sure your personalized plan is actually working and allows us to adjust things quickly if we need to.

Why This Matters For You

- **See Your Success in Black and White:** Sometimes health changes happen slowly. By using "Symptom Scores," you can see your progress on paper—even on days when you feel a bit tired.
- **A Consistent Experience:** We use a proven system called the R.O.O.T.S. Method™. This means you get the same high-quality care every single time we meet, ensuring nothing important is ever missed.
- **Your Voice is the Guide:** By sharing your feedback, you help us tailor the experience to fit your life. If a certain part of the plan is hard to follow, we use your data to make it easier and more effective for you.

What You Can Do Today

1. **Complete Your Symptom Survey (MSQ):** Every few weeks, I will ask you to fill out a Medical Symptoms Questionnaire. Please be as honest as possible! This is the "GPS" that tells us if we are heading in the right direction.
2. **Check Your "Foundational Four":** Take a moment to look at your daily habits regarding food, sleep, movement, and stress. Are there any areas where you feel stuck? Let's talk about those in our next session.
3. **Share Your Honest Feedback:** If something in the office or our sessions isn't working for you—like the way we communicate or how you receive your plans—please let me know. Your "Patient Satisfaction" is just as important as your lab results.

Questions to Discuss with Your Practitioner

- "Can we look at my symptom scores from when we started compared to today?"
- "Based on my current progress, do we need to adjust my 'Foundational Four' (nutrition, sleep, etc.)?"

- "What is the next big milestone we are tracking in my wellness plan?"
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