

Clinical Decision Tool: "Target" Phase Readiness Assessment

Client Name: __ Date: _____

Section 1: Foundational Audit (The "Optimize" Check)

Before moving to targeted protocols, the "host" must be stabilized. Review the last 30–60 days.

- ☐ **Circadian Biology:** Is the client sleeping 7–8 hours with consistent wake/sleep times?
- ☐ **Hydration:** Is the client meeting baseline water intake (approx. half body weight in oz)?
- ☐ **Nutrient Density:** Is the client compliant with a whole-foods/anti-inflammatory diet?
- ☐ **Movement:** Is the client engaging in daily non-exercise activity (e.g., walking)?
- ☐ **Plateau Confirmed:** Have foundational improvements stalled despite 80%+ compliance?

Section 2: Red Flag Screening (Safety First)

If any of the following are checked, pause and provide a medical referral before proceeding.

- ☐ Unexplained weight loss (>10 lbs in a month)
- ☐ Night sweats (soaking sheets)
- ☐ Sudden, severe neurological changes (slurred speech, loss of balance)
- ☐ Persistent, localized pain that prevents or wakes the client from sleep
- ☐ Severe suicidal ideation or clinical depression

Section 3: Biological Dysfunction Mapping

Identify the underlying mechanism (The Target) rather than just the symptom (The Label).

Presenting Symptom (The Label)	Suspected Dysfunction (The Target)	Proposed Strategy
<i>Example: Bloating/Fog</i>	<i>Example: Dysbiosis/SIBO</i>	<i>Example: Antimicrobial Protocol</i>

Presenting Symptom (The Label)	Suspected Dysfunction (The Target)	Proposed Strategy

Section 4: The Practitioner's Filter

Apply these criteria to every proposed nutraceutical to ensure professional legitimacy.

1. **Safety:** Are there contraindications with current medications? ☐ Yes ☐ No
2. **Efficacy:** Is the nutrient in its most bioavailable form? (e.g. Glycinate vs Oxide) ☐ Yes ☐ No
3. **Evidence:** Is there peer-reviewed literature supporting this specific use? ☐ Yes ☐ No
4. **Cost-Benefit:** Does the projected outcome justify the monthly cost? ☐ Yes ☐ No

Section 5: Minimum Effective Dose (MED) & Strategy

Targeted Intervention Period: (Recommended 3–6 months) _____

Total Number of Supplements: ____ (*Aim for 3–5 to avoid poly-nutra-pharmacy*)

Observations/Notes:

Next Steps:

- ☐ Implement targeted protocol for ____ weeks.
- ☐ Schedule re-evaluation for "Sustain" phase transition on: ____
- ☐ Client Education: Explain the "Construction Analogy" (Wiring the framed house).

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