

N-of-1 Clinical Validation Tracker

Client Name: _____ Date Started: _____ Review Date: _____

Section 1: The EBFM Triad (The "Why")

Before starting an intervention, document the three pillars of Evidence-Based Functional Medicine to ensure clinical authority and client buy-in.

1. **Best External Evidence:** (e.g., Physiological mechanism, study on a similar population)

2. **Clinical Expertise:** (e.g., Your observation of the client's patterns, past successes)

3. **Patient Values & Preferences:** (e.g., Client's budget, dietary restrictions, goals)

Section 2: The N-of-1 Protocol Design

The Hypothesis: "By implementing ___, we expect to see an improvement in ___ because of [Physiological Mechanism]."

The Intervention: - [] **Dietary:** _____ - [] **Supplementation:** _____ - []

Lifestyle/Stress: _____

Section 3: Clinical vs. Statistical Significance

Record baseline markers. We are looking for "Clinical Significance"—changes that actually improve your quality of life.

Marker (Lab or Symptom)	Baseline (Day 0)	Goal / Target	Follow-up (Day ____)
Objective: (e.g., hs-CRP, HbA1c, TPO)			
Subjective: (e.g., Brain fog 1-10)			
Subjective: (e.g., Energy levels 1-10)			
Subjective: (e.g., Joint pain 1-10)			

Section 4: 12-Week Progress Tracker

Check the box for each week of 100% protocol adherence. Note any "Real World" variables.

Week	Adherence	Notes (Changes in sleep, stress, or symptoms)
Week 1-2	<input type="checkbox"/>	
Week 3-4	<input type="checkbox"/>	
Week 5-6	<input type="checkbox"/>	
Week 7-8	<input type="checkbox"/>	
Week 9-10	<input type="checkbox"/>	
Week 11-12	<input type="checkbox"/>	

Section 5: Validation & Reflection

Clinical Outcome: [] **Success:** Significant clinical improvement noted. (Proceed to maintenance) [] **Mixed:** Some markers improved, others didn't. (Refine the variable) [] **Inconclusive:** No change noted. (Apply Precautionary Principle/Pivot)

Practitioner Observations:

Next Steps:

AccrediPro Standards Institute Certified Tool | CFMP™ Evidence-Based Triad Framework