

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. | <input type="checkbox"/> | |
| Sleep | 7-9 hours; Falling asleep <20 mins; Waking refreshed. | <input type="checkbox"/> | |
| Movement | Daily non-exercise activity; Lymphatic flow (walking/stretching). | <input type="checkbox"/> | |
| Stress | Active vagal tone practices; Feeling "capable" vs. "overwhelmed." | <input type="checkbox"/> | |
| Environment | Clean water/air; Conscious reduction of EMFs/toxins. | <input type="checkbox"/> | |

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) | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Energy | Stable energy throughout day (no 3 PM crash) | <input type="checkbox"/> Yes <input type="checkbox"/> No |

| Marker | Target Metric | Current Status |
|-----------|--|--|
| Metabolic | No "crashes" or irritability between meals | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Capacity | Client feels ready for <i>new</i> habits/protocols | <input type="checkbox"/> Yes <input type="checkbox"/> 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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