

# EXECUTIVE PEAK PERFORMANCE TRACKER

## (R.O.O.T.S. Method™)

Executive Name: \_\_\_\_\_ Date: \_\_  
Company/Division: \_\_\_\_ Coach: \_\_\_\_\_

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### Section 1: Baseline Cognitive & Performance Assessment

*Rate the following on a scale of 1-10 (1 = Severely Impaired, 10 = Peak Performance)*

- **Cognitive Clarity:** (Ability to make complex decisions without "fog") \_\_\_\_\_
- **Stress Resilience:** (Capacity to handle high-pressure scenarios) \_\_\_\_\_
- **Sustained Energy:** (Consistency of physical/mental drive throughout the day) \_\_\_\_\_
- **Sleep Recovery:** (Waking feeling refreshed and ready for high-output work) \_\_\_\_\_
- **Metabolic Stability:** (Absence of "afternoon crashes" or hunger-related irritability) \_\_\_\_\_

### Section 2: The R.O.O.T.S. Protocol Implementation

*Track the progress of your customized Functional B2B Clinical Workflow.*

- ☐ **Restore:** Circadian rhythm optimized and sleep hygiene protocol implemented.
- ☐ **Optimize:** Advanced Functional Lab Array completed (Organic Acids, Micronutrients).
- ☐ **Organize:** Nutritional timing set to match peak executive meeting schedule.
- ☐ **Target:** Specific intervention for the Microbiome and HPA-Axis (Stress Response).
- ☐ **Sustain:** Long-term maintenance plan and "Travel Protocol" for business trips.

### Section 3: Biomarker & ROI Tracking Table

*Use this table to track shifts from "Standard" metrics to "Optimized" Functional ranges.*

Performance Marker	Baseline Value	Current Value	Target Range (Peak)
CRP (Inflammation)			< 1.0 mg/L
HbA1c (Glucose)			4.8% – 5.2%
Fast. Insulin (Drive)			2.0 – 5.0 uIU/mL

Performance Marker	Baseline Value	Current Value	Target Range (Peak)
Vitamin D (Immunity)			60 – 80 ng/mL
Cognitive Score (0-100)			90+

## Section 4: Executive ROI Reflection

**Presenteeism Assessment:** How many hours per week were previously lost to fatigue or lack of focus? \_\_

**Current "Executive Edge" Observations:** *(Note improvements in decision-making speed, leadership presence, or reduced sick days)*

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## Next Steps & Strategy Adjustments:

- ☐ Schedule follow-up Co-Management review with Primary Physician.
- ☐ Adjust nutraceutical "Travel Pack" for upcoming Q3 travel.
- ☐ Review "Cognitive Optimization" data for quarterly HR ROI report.

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*AccrediPro Standards Institute Certified Tool | Corporate Wellness 2.0 Framework*

## Instructions for the Practitioner:

1. **Onboarding:** Use Section 1 during your initial "Executive Edge" discovery call to establish the cost of "Presenteeism."
2. **Implementation:** Use Section 2 to keep the client focused on the R.O.O.T.S. Method™ phases rather than just symptoms.
3. **Reporting:** Use Section 3 to provide the "Data-Driven" results that CEOs and HR Directors require for B2B contract renewals.
4. **Co-Management:** This tracker can be shared with the client's conventional specialist (e.g., Cardiologist) to demonstrate clinical progress and professional collaboration.

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