

90-Day "Sustain Phase" Progress Tracker

Client Name: _____ Date of Review: _____ Initial Program Start Date: _____ Current Phase: Sustain (Post-Reveal)

Section 1: Symptom Quantification (MSQ Comparison)

In the Sustain Phase, we use the Medical Symptoms Questionnaire (MSQ) to quantify metabolic shifts. Refer to your automated EHR dashboard for these scores.

Category	Baseline Score (Day 0)	Current Score (Day 90)	% Change
Digestive (Bloating, Pain)			
Energy/Fatigue			
Mental/Emotional (Brain Fog)			
Joint/Muscle Pain			
Skin/Immune			
TOTAL MSQ SCORE	_____	_____	_____%

Section 2: Sustain Phase Compliance Checklist

Use this section to ensure the automated "invisible scaffolding" of your protocol is functioning correctly.

- ☐ **Supplement Replenishment:** Are you utilizing the automated Fullscript/Wellevate reminders?
- ☐ **Lab Re-testing:** Have you scheduled your 6-month follow-up labs (e.g., OAT, Dutch, or Gut Map)?
- ☐ **Wearable Data Sync:** Is your Oura/Whoop/Fitbit data currently syncing to the Patient Portal?
- ☐ **Educational Drip:** Are you receiving and reviewing the weekly "Food as Information" modules?

Section 3: Lifestyle & Environmental Tracking

Track the frequency of these core pillars over the last 30 days.

Metric	Frequency (0-7 days/wk)	Notes on Barriers
Anti-Inflammatory Nutrition	<div></div>	
Movement/Exercise	<div></div>	
Stress Management (Breath/Med)	<div></div>	
Sleep Quality (7+ Hours)	<div></div>	

Section 4: Clinical Reflection & AI Insights

Practitioner Observations: *(Note any patterns recognized by AI lab interpretation or portal engagement trends)*

Client Subjective "Win" of the Month:

Next Steps & Automation Triggers:

- ☐ **Trigger:** Schedule 6-month "Deep Dive" consultation.
- ☐ **Trigger:** Adjust automated supplement cadence based on current blood chemistry.
- ☐ **Trigger:** Update "Educational Drip" to focus on ☐ Hormones ☐ Gut ☐ Detox.

Practitioner Signature: _____ **Next Review Date:** _____

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