

Metabolic & Endocrine Recovery Tracker

Client Name: _____ Date: _____

Objective: To track the "Primary Dominoes" of metabolic health (Iron, Thyroid, and Insulin) and monitor progress through the Phased Intervention Plan.

Section 1: Baseline "Domino" Markers

Review your latest lab results and current symptoms to establish your starting point.

Marker	Current Value	Functional Goal	Focus Area
Ferritin	____	70 – 100 ng/mL	Cellular Energy & Thyroid Support
HbA1c	____	< 5.4%	Insulin Sensitivity
Free T3	____	3.0 – 4.0 pg/mL	Metabolic Rate & Brain Function
Sleep	____	7-8 Hours/Night	HPA Axis Recovery

Section 2: Phase 1 Action Checklist (Weeks 1-4)

Focus: Replete Nutrients & Remove Inflammatory Triggers

- [] **Iron Repletion:** Take Iron Bisglycinate as directed (with Vitamin C, away from coffee/tea).
 - [] **Dietary Removal:** 100% Gluten-free and Dairy-free to reduce thyroid antibodies.
 - [] **Hydration:** Minimum 80oz water daily (add electrolytes if drinking 3+ cups of coffee).
 - [] **The "Wine-Coffee" Break:** Reduce evening wine to _____ nights/week; limit coffee to 1-2 cups before noon.
 - [] **Sleep Hygiene:** No screens 60 minutes before bed; lights out by 10:30 PM.
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Section 3: Daily Symptom & Lifestyle Log

Track these daily to identify patterns in energy crashes and metabolic recovery.

Day	Energy (1-10)	3 PM Crash? (Y/N)	Brain Fog (1-10)	Wine/Coffee Count	Sleep Hours
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Section 4: Critical Reflection & Safety

Red Flag Screen (If "Yes" to any, contact your practitioner immediately): * New or worsening mood/dark thoughts: [] Yes [] No * Difficulty swallowing or new neck swelling: [] Yes [] No * Unexplained night sweats or rapid weight loss: [] Yes [] No

Weekly Observations: What was your biggest win this week? _____ Where did you feel "stuck"? _____

Next Steps:

- **Next Appointment:** _____
- **Phase 2 Transition Goal:** Once Ferritin is >40 and sleep is stabilized, we will begin the **Metabolic Reset** (Berberine/Inositol and GI Assessment).

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