90-Day Clinical Outcome & Progress Tracker

Client Name: _____ Start Date: ___ Practitioner: _____ Current Phase: [ ] Reveal [ ] Organize [ ] Optimize [ ] Target [ ] Sustain

Section 1: Baseline Symptom Burden (MSQ)

The Medical Symptoms Questionnaire (MSQ) converts subjective feelings into objective data. Complete this at the start of every 30-day cycle.

Initial MSQ Total Score: ___ (Date: _____)

Top 3 Health Goals for this 90-Day Cycle: 1. _____ **2.** _____ 3. _____

Section 2: Progress Tracking Table

Milestone	MSQ Score	% Change	Foundational Four Adherence (1-10)	Notes (Energy, Clarity, Digestion)
Baseline		--		
Week 4				
Week 8				
Week 12				

The Foundational Four Check-In (Optimize Phase): *Rate your consistency with the core protocols discussed in your plan (1 = Never, 10 = Perfect Adherence).* - [ ] **Nutrition Protocol: _/10** - [ ] *Sleep Hygiene: /10* - [ ] *Movement/Activity: _/10* - [ ] *Stress Management: /10*

Section 3: Clinical Outcome Reflection

Total MSQ Reduction: ___ % (Calculation: [Baseline - Current] / Baseline x 100)

Subjective Wins (Non-Scale Victories):

Service Satisfaction (NPS): "On a scale of 0-10, how likely are you to recommend this coaching program to a friend or colleague?" **Score:** [0] [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

Next Steps:

- [ ] Schedule Re-testing (Target Phase) for: **_____**
- [ ] Adjust Protocol for next 30 days based on: **_____**
- [ ] Move to **Sustain Phase** maintenance plan.

Practitioner Signature: _____ *Date: _*

AccrediPro Standards Institute Certified Tool | R.O.O.T.S. Method™ Compliant

Instructions for the Practitioner:

1. **Reveal Phase:** Establish the baseline MSQ score during the initial intake.
2. **Optimize/Target Phase:** Re-run the MSQ every 4 weeks to provide the client with "Proof of Value."
3. **Sustain Phase:** Use the % reduction in MSQ score to justify the transition to a long-term maintenance program or to celebrate the completion of the 90-day cycle.
4. **CQI Loop:** If the MSQ score plateaus or increases, use the "Foundational Four" section to identify if the issue is *adherence* (behavioral) or the *protocol* (clinical).