

Maintenance Transition & "New Normal" Protocol Worksheet

Client Name: _____ Date of Transition: _____

Section 1: The Stability Triad (Transition Readiness)

Before moving to maintenance, confirm the client meets the following criteria: - []

- Symptomatic Resolution:** 80%+ improvement in chief complaints sustained for 90 days. - []
- Metabolic Flexibility:** Ability to recover from a "deviation" (meal/stress) within 24–48 hours.
- [] **Biomarker Normalization:** Key labs (HbA1c, HS-CRP, etc.) are within optimal functional ranges.

Section 2: The MED De-escalation Ladder

Identify the Minimum Effective Dose (MED) by scaling back intensive interventions.

Category	Current "Target" Protocol	New "Sustain" (MED) Plan	Frequency (e.g., Daily, Pulse 3x/wk)
Kill/Detox		REMOVE (Antimicrobials/Binders)	N/A
Support			
Foundation			
Nutrition			

Section 3: Seasonal Adaptation Planner

Current Season: [] Winter [] Spring [] Summer [] Autumn

Focus Area	Seasonal Strategy	Notes
Nutritional Focus		<i>Ex: Root veggies (Winter) / Bitter herbs (Spring)</i>

Focus Area	Seasonal Strategy	Notes
Lifestyle/Movement		Ex: Strength (Winter) / HIIT (Summer)
Sustain Bio-hack		Ex: Sauna (Winter) / Morning Sun (Summer)

Section 4: The 80/20 Social Flexibility Rules

Define the "Non-Negotiables" vs. the "Buffer Zone" to prevent therapeutic orthorexia.

The 80% (Non-Negotiables): 1. _____ 2. _____ 3. _____

The 20% (Buffer Zone/Social Flexibility): List 2-3 areas where the client can "flex" without guilt (e.g., occasional dairy, glass of wine, skipping a workout).

Section 5: Recovery & Reflection

Recovery Check: If you deviate from your protocol, how long does it take to feel "normal" again? - [] < 24 Hours - [] 24-48 Hours - [] > 48 Hours (Return to Target Phase)

Client Confidence Score (1-10): _ (How confident do you feel maintaining these results with less intensive support?)

Practitioner Observations:

Next Steps:

- [] Schedule **Annual Functional Review (AFR)** for (Date): _____
 - [] Transition to **Maintenance Membership** support level.
 - [] Next check-in call: _____
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