

The "Biological Software" Upgrade Tracker

Client Name: _____ Week Of: _____

Section 1: The Glycemic Reset (Daily Check)

Goal: Stabilize insulin by following the 50/25/25 Plate Method (50% non-starchy vegetables, 25% clean protein, 25% healthy fats or slow-burning carbs).

Day	50/25/25 Plate (All Meals)	No Inflammatory Triggers*	Notes (Energy/Cravings)
Mon	[]	[]	
Tue	[]	[]	
Wed	[]	[]	
Thu	[]	[]	
Fri	[]	[]	
Sat	[]	[]	
Sun	[]	[]	

*Triggers: Refined sugar, processed grains, seed oils (soybean/corn), processed meats.

Section 2: Phytonutrient Diversity (The Rainbow)

Goal: Aim for 30+ different plant types per week to optimize microbial diversity and gene expression. Mark each unique plant consumed this week.

Color Category	Examples	Unique Plant Names (List them!)
RED	Tomato, Radish, Strawberry	
ORANGE/YELLOW	Carrot, Lemon, Squash	
GREEN	Kale, Broccoli, Asparagus	

Color Category	Examples	Unique Plant Names (List them!)
BLUE/PURPLE	Blueberry, Eggplant, Cabbage	
WHITE/TAN	Garlic, Onion, Mushroom	

Weekly Diversity Score (Total Unique Plants): ___ / 30+

Section 3: Information Feedback Loop (Reflection)

Food is information. Use this section to record the "messages" your body sent back this week.

1. Energy Stability: Did you experience 3 PM crashes or "brain fog" this week? (Scale 1-10: 1 = Constant Fog, 10 = Crystal Clear) **Score:** __

2. Anti-Nutrient Awareness: Did you notice any joint stiffness or digestive upset after specific foods (e.g., nightshades, grains, legumes)?

3. Successes/Wins: Which "Software Upgrade" felt the easiest to implement?

Practitioner Next Steps:

[] Maintain Glycemic Reset for 14 more days. [] Increase [Color] phytonutrients to support [Specific Node]. [] Trial removal of [Anti-Nutrient] due to reported symptoms.

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