

# Advanced Cardiometabolic Profile & Protocol Worksheet

Client Name: \_\_\_\_\_ Date: \_\_ Practitioner: \_\_\_\_\_ Target Re-test Date: \_\_

## Section 1: The Reveal (Advanced Biomarker Assessment)

Compare current labs against Functional Medicine optimal ranges. Check the box if the marker requires clinical "Targeting."

Marker Category	Biomarker	Optimal Range	Client Value	Needs Focus?
Particle Count	LDL-P (Particle Number)	< 1,000 nmol/L	_____	<input type="checkbox"/>
Particle Size	LDL Size (Pattern A vs B)	Pattern A (Large)	_____	<input type="checkbox"/>
Atherogenic Load	ApoB	< 80 mg/dL	_____	<input type="checkbox"/>
Vascular Fire	Lp-PLA2 (PLAC)	< 200 ng/mL	_____	<input type="checkbox"/>
Oxidative Stress	Myeloperoxidase (MPO)	< 470 pmol/L	_____	<input type="checkbox"/>
Metabolic Health	HOMA-IR (Insulin/Gluc)	< 1.9	_____	<input type="checkbox"/>
Cellular Health	Omega-3 Index	> 8%	_____	<input type="checkbox"/>

## Section 2: Risk Interpretation (The R.O.O.T.S. Analysis)

Use the "Tennis Ball vs. Golf Ball" analogy to explain results to the client.

**1. Particle Risk (The "Vehicles"):** \* ☐ **Low Risk:** High LDL-C but low LDL-P (Large, fluffy "Tennis Balls"). \* ☐ **High Risk:** High LDL-P and/or Pattern B ("Golf Balls" getting stuck in the arterial net).

**2. Inflammatory Risk (The "Fire"):** \* ☐ **Stable:** Markers like Lp-PLA2 and MPO are within range. \* ☐ **Active:** High Lp-PLA2 suggests "active" plaque that is prone to rupture.

**3. Metabolic Efficiency (The "Engine"):** \* ☐ **Efficient:** Low HOMA-IR; body processes fuel easily. \* ☐ **Resistant:** High HOMA-IR; the pancreas is overworking to maintain blood sugar.

Section 3: The Target Phase (Action Plan)

Based on the results above, prioritize the following interventions:

Priority Area	Action Step	Frequency/Dosage
Dietary Shift	<input type="checkbox"/> Reduce Refined Carbs <input type="checkbox"/> Increase Soluble Fiber	
Movement	<input type="checkbox"/> Strength Training <input type="checkbox"/> Zone 2 Cardio	
Stress/Sleep	<input type="checkbox"/> 7-8 Hours Sleep <input type="checkbox"/> Daily Breathwork	
Supplementation	<input type="checkbox"/> Omega-3 <input type="checkbox"/> Berberine/ALA <input type="checkbox"/> Antioxidants	

Practitioner Observations & Reflection

Primary Clinical Goal: \_\_\_\_\_

Client Readiness for Change (1-10): \_\_\_\_

Notes on Metabolic/Vascular Synergy:

Next Steps:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. Follow-up Session Date: \_\_\_\_\_

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