

"Power of the Pack" Group Success Tracker

Client Name: _____ Cohort/Group Name: _____ Date: ____ Week of Program: [1][2][3][4][5][6]

Section 1: The Collective "Reveal"

In our Group Matrix, we identified common triggers. Check the areas where you are focusing your efforts this week based on our shared Timeline Workshop.

- ☐ **Assimilation (Gut):** Managing microbiome, digestion, or food sensitivities.
 - ☐ **Defense & Repair (Immune):** Addressing inflammation or chronic triggers.
 - ☐ **Energy/Bioenergetics:** Improving mitochondrial function and sleep.
 - ☐ **Social Connection:** Reducing isolation through active group participation.
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Section 2: Weekly Progress & Social Contagion Log

Use this table to track your daily actions. In the "Peer Insight" column, note one thing you learned from a fellow group member that inspired your own choices.

Day	Primary Action (Food/Lifestyle)	Peer Insight / "Social Contagion" Moment
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

Section 3: Clinical Outcome Self-Assessment

Based on the Cleveland Clinic "Functioning for Life®" metrics, rate your current status on a scale of 1-10 (1 = Poor, 10 = Optimal).

1. **Physical Health Score:** [] [] [] [] [] [] [] [] [] [] []

2. **Mental/Emotional Health Score:** [] [] [] [] [] [] [] [] [] [] []

3. **Self-Efficacy (Confidence in managing health):** [] [] [] [] [] [] [] [] [] [] []

Current Weight (if applicable to goal): ____

Section 4: Reflection & Peer Modeling

Who in the group inspired you this week? What specific habit did they model?

What "Common Pattern" did you notice between your health journey and another member's?

Next Steps for the "Sustain" Phase:

Identify one habit you will "Target" for next week's group check-in:

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