

# TARGET PHASE PROTOCOL & COMPLIANCE TRACKER

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Practitioner Name: \_\_\_\_ Protocol Week: 1 2 3 4 (Circle)

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## Section 1: Protocol Standardization (The "Target" Phase)

*Instructions: Use this section to record your daily adherence to the core pillars of your customized Functional Medicine protocol. Consistency is the key to clinical outcomes.*

- ☐ **Supplements:** Taken as directed in the Dispensary Protocol.
  - ☐ **Hydration:** Consumed \_\_\_\_\_ oz of filtered water.
  - ☐ **Nutrition:** Followed the prescribed R.O.O.T.S. dietary framework.
  - ☐ **Movement:** Completed \_\_\_\_\_ minutes of movement/exercise.
  - ☐ **Rest:** Achieved \_\_\_\_\_ hours of sleep.
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## Section 2: Weekly Compliance & Symptom Log

*Instructions: Mark the checkbox (☐) for each day you successfully completed your protocol. Use the 'Symptom Intensity' column (1-10) to track your primary concern.*

Day	Protocol Followed?	Symptom Intensity (1-10)	Energy Level (1-10)	Notes (Digestion, Mood, Sleep)
Mon	<input type="checkbox"/>			
Tue	<input type="checkbox"/>			
Wed	<input type="checkbox"/>			
Thu	<input type="checkbox"/>			
Fri	<input type="checkbox"/>			
Sat	<input type="checkbox"/>			
Sun	<input type="checkbox"/>			

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## Section 3: Operational Excellence (Refill & System Check)

*Standardizing your health journey requires managing your supplies. Check these boxes to ensure no interruption in your care.*

- ☐ **Inventory Check:** Do you have at least 7 days of supplements remaining?
  - ☐ **Automation Check:** Have you received your automated refill reminder email?
  - ☐ **Portal Review:** Have you uploaded any new lab results or data to the client portal?
  - ☐ **Next Step:** Is your "Sustain" phase follow-up appointment scheduled?
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## Section 4: Reflection & Clinical Data

**Weekly Compliance Score:** \_\_\_ / 7 Days

**What was your biggest win this week?**

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**What was the primary obstacle to following the protocol?**

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**Practitioner Observations (For Clinical Audit):**

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### Next Steps:

- **Action:** If inventory is low, click the link in your automated "Target Phase" email to reorder.
  - **Action:** Bring this tracker to our next session for your Clinical Quality Review.
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