



Client Report Card

CLIENT REPORT CARD

GOAL					
Main goal	Good / great / better / best				
Deep why	Simple 2 step: What will happen when we achieve this goal? Why is this important to you?				
Duration been trying	<3 months	6 - 12 months	1 - 2 years	2 - 5 years	5+ years
Time frame	<3 months	6 - 12 months	1 - 2 years	2 - 5 years	5+ years
Motivation Grid	Beginner	Goal focused	Results focused	Committed	Driven

CURRENT REGIME	
Nutrition	
Supplements	
Lifestyle	
Training	



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PREVIOUS ATTEMPTS	
Include the duration, how long ago, how they felt and why it didn't work	
Nutrition	
Supplements	
Lifestyle	
Training	

HEALTH HISTORY					
Trauma & Stress	Intra-uterine	Abuse	Insomnia	Depression	Anxiety
Surgery & Injuries	Gallbladder removal	C-section	Multiple broken bones		
Dental	Metal fillings	Root canal	Cavities	Gingivitis	
Medication	Antibiotics	OCP	Antacids	Chemotherapy	Vaccines
Illnesses	H Pylori	EBV	COVID	Asthma	Allergies
Home / Work Environment	Mould	Petrol station	Salon	Night shifts	Back packing

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SYMPTOMS & CHALLENGES	
Body	
Mind	
Energy & Sleep	
Gut Health	
Hormones	
Immune	

HEALTH TIMELINE	
0-5	
5-12	
12-18	
18-30	
30-50	
>50	

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POSSIBLE PROTOCOL								
Calories	Deficit		Surplus / Refeed		Maintenance		Cyclical	
Macronutrients	Protein		Fats		Carbohydrates			
Dietary Regime	Autoimmune paleo	Intermittent fasting	Ketogenic	Carb back loading	Flexible dieting	Calorie banking	Plant based	Carnivore
Key lifestyle implementations	Boundaries	Ground	Set clock	Movement	Hydration	Gratitude	Area 51	Rise & Shine
	Future self	Digital sunset	Play & bond	Shut down complete	Freeze	Shake & bake	Breath	Sweat
Avoid during phase	Gluten	Wheat	Diary	Night-shades	Oxalates	Histamine		
Things to be cautious of	Herximer reaction	Relationship with food	Pregnancy	Diabetes	Medication	Leaky gut		
Key vitamin focus	Vitamin B1	Vitamin B2	Vitamin B3	Vitamin B5	Vitamin B6	Vitamin B9	Vitamin B12	Vitamin C
	Vitamin A	Vitamin D	Vitamin E	Vitamin K				
Key mineral focus	Calcium	Magnesium	Phosphorus	Sodium	Zinc	Manganese	Copper	Molybdenum
	Iodine	Chromium	Selenium	Iron				
Key foods to incorporate								



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POSSIBLE PROTOCOL								
Supplements								
Meals per day	1 - 2		3		4		5	
Herbs & spices	Thyme	Oregano	Garlic	Turmeric	Cinnamon	Parsley	Black pepper	Cumin seeds
	Rosemary	Fenugreek	Smoked paprika	Cayenne	Sage	Clove	Saffron	
Herbal teas	Licorice	Ginger	Peppermint	Pau'D arco	Cistus	Red raspberry leaf	Passion-flower	Chamomile
	Hibiscus	Ginseng	Green tea	Stinging nettle	Dandelion	Burdock	Saint Johns Wort	
Aromatherapy	Lavender	Peppermint	Bergamot	Grapefruit	Black spruce	Ylang ylang	Clary sage	Lemon
	Orange	Cedar wood	Eucalyptus	Frankin-cense	Patchouli	Thieves oil / On guard		
Duration of phase								