

PROGRESS ASSESSMENT

PROGRESS TRACKER

Welcome to our personal progress tracker. You may use this chart to track your progress as you move through our programs and protocols.

To begin, you will record some basic information about yourself, and then complete a general health assessment. We will use this information to compare your before-and-after results from our programs.

As you complete each module of, you may fill out a new Progress Assessment. This will help you evaluate how effective a program or protocol is.

Good luck!
Doctor Cedrick

BASELINE MEASUREMENTS

AGE:	GENDER:	HEIGHT:			
WEIGHT (lbs):	WAIST SIZE:	HIP SIZE:			
BASELINE SYMPTOMS	0—No symptoms	3—Always experience symptoms			
DIGESTION	SYMPTOMS	FREQUENCY			
	Excessive belching, burping or bloating	0	1	2	3
	Flatulence	0	1	2	3
	Constipation	0	1	2	3
	Diarrhea or loose, unformed stool	0	1	2	3
	Abdominal pain	0	1	2	3
	Sense of fullness during and after meals	0	1	2	3
	Use of antacids	0	1	2	3



BLOOD SUGAR	SYMPTOMS	FREQUENCY			
	Crave sweets during the day	0	1	2	3
	Irritable if meals are missed	0	1	2	3
	Eating relieves fatigue	0	1	2	3
	Get lightheaded if meals are missed	0	1	2	3
	Agitated, easily upset, nervous	0	1	2	3
	Fatigue after meals	0	1	2	3
	Frequent urination	0	1	2	3
	Increased thirst and appetite	0	1	2	3
WEIGHT	SYMPTOMS	FREQUENCY			
	Difficulty losing weight	0	1	2	3
	Weight gain even with low-calorie diet	0	1	2	3
	Accumulation of belly fat	0	1	2	3
RESPIRATORY	SYMPTOMS	FREQUENCY			
	Cough	0	1	2	3
	Asthma, difficulty breathing	0	1	2	3
	Sinus congestion	0	1	2	3
	Respiratory allergies	0	1	2	3



ENERGY		SYMPTOMS		FREQUENCY	
		Tired, sluggish	0	1	2 3
		Not enough energy to get through the day	0	1	2 3
		Energy fluctuates throughout the day	0	1	2 3
		Easily fatigued	0	1	2 3
COGNITIVE/MOOD		SYMPTOMS		FREQUENCY	
		Inability to concentrate or focus	0	1	2 3
		Difficulty remembering things	0	1	2 3
		Decreased attention span	0	1	2 3
		Depression or lack of motivation	0	1	2 3
		Anxiety	0	1	2 3
		Insomnia or restless sleep	0	1	2 3
		Heart palpitations	0	1	2 3
PAIN/INFLAMMATION		SYMPTOMS		FREQUENCY	
		Muscle soreness or pain	0	1	2 3
		Joint soreness or pain	0	1	2 3
		Decreased joint motility	0	1	2 3
		Swelling of joints	0	1	2 3
		Whole body pain	0	1	2 3