

The Protocol Planning Worksheet

Qualify, quantify, measure, monitor. Complete this before anything new begins.

Four verbs separate an informed experiment from a hopeful one, and the order matters as much as the verbs. Fill in each step in sequence. If you cannot complete a step, that is the step to work on next.

STEP 1 | QUALIFY: WHAT IS WORTH LOOKING AT FOR YOU

My goal, in one sentence: _____

What I already take, including medications and hormones:

The domains this change is most likely to press on:

☐ Cellular energy ☐ Oxidative stress ☐ Methylation ☐ Fatty acids ☐ Minerals and toxic elements

STEP 2 | QUANTIFY: PUT NUMBERS ON THOSE SYSTEMS

Do I have a current baseline for those domains? ☐ Yes, dated _____ ☐ Partial ☐ No

STEP 3 | MEASURE: READ AGAINST A FUNCTIONAL TARGET

What my baseline shows against a functional target, not only the reference range:

STEP 4 | MONITOR: RE-READ AFTER A CHANGE

When I will re-read, and which markers: _____

THREE DISCIPLINES THAT MAKE THE FOUR STEPS WORK

My target A specific, measurable thing I am trying to move, written before choosing any agent	
The one variable I am changing Everything else stays steady in this window	
My stop rule Written now, while my judgment is uninvested	This worked if: I stop if: I review on (date):

A target set after the agent is chosen is not a target. It is a justification. A protocol you can never turn off is one you can never evaluate.