

## BOOK PAGE 438

# METABOLIC INTELLIGENCE DASHBOARD

*A structured review, not a diagnosis or diet plan. Notice what may deserve support or a professional conversation instead of reacting to one number.*

Review period:

Date:

### Metabolic outputs I am noticing

Energy, body-composition trend, recovery, cognitive clarity, cholesterol / lab trends, or other outputs:

### Hormonal signals

TSH, Free T4, Free T3, cortisol pattern, symptoms, or clinician-provided information I am tracking.

### Recovery and sleep

Sleep duration / quality, HRV trend, resting heart rate, perceived fatigue.

### Strength and fuel

Strength-training frequency, lean mass if known, protein intake, micronutrient or fueling considerations.

### Stress and life load

Emotional stress, workload, travel, under-eating, overtraining, illness, or major life events.

*Privacy reminder: This worksheet may contain private health information. Store it securely and share it only as appropriate.*

REVIEW, DO NOT PANIC

## METABOLIC INTELLIGENCE DASHBOARD

What patterns are emerging?

What do I want to verify with a professional?

One adjustment for the next seven days - choose one, not five

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