

CHAPTER 8 COMPANION

30-Day Proof Loop Tracker

Change one thing. Track it. Decide. Repeat.

QUICK START

Set aside 5 minutes to set up; 1 minute daily. Use a pencil or pen. Honest estimates beat perfect answers.

STAGE 1 - BASELINE

One change I am testing	
Why it deserves a test	
Primary outcome	
How I will measure it	
Starting baseline	
What stays unchanged	
Possible risks / stop rules	
Who I will contact if concerned	

CLEAN-SIGNAL RULE

Do not begin several new supplements, habits, diets, or programs at the same time. One meaningful change gives you the clearest receipt.

DAILY TRACKER - DAYS 1-7

1	☐			
2	☐			
3	☐			
4	☐			
5	☐			
6	☐			
7	☐			

WEEK 1 REVIEW

What changed?

What else may have influenced the result?

Continue unchanged, adjust for safety, or seek help?

DAILY TRACKER - DAYS 8-14

8	☐			
9	☐			
10	☐			
11	☐			
12	☐			
13	☐			
14	☐			

WEEK 2 REVIEW

What changed?

What else may have influenced the result?

Continue unchanged, adjust for safety, or seek help?

DAILY TRACKER - DAYS 15-21

15	☐			
16	☐			
17	☐			
18	☐			
19	☐			
20	☐			
21	☐			

WEEK 3 REVIEW

What changed?

What else may have influenced the result?

Continue unchanged, adjust for safety, or seek help?

DAILY TRACKER - DAYS 22-28

22	☐			
23	☐			
24	☐			
25	☐			
26	☐			
27	☐			
28	☐			

WEEK 4 REVIEW

What changed?

What else may have influenced the result?

Continue unchanged, adjust for safety, or seek help?

DAYS 29-30 AND FINAL DECISION

29	☐			
30	☐			

KEEP	Benefit was clear, consistent, safe enough, and realistic to maintain.	☐
TWEAK	Some benefit appeared, but timing, dose, process, measurement, or adherence needs a careful adjustment.	☐
KILL	No meaningful improvement, unacceptable downside, poor fit, or no longer worth the cost and complexity.	☐

My receipts: What did the 30 days actually show?

My next single step:

YOUR NEXT MOVE

Record the decision. Do not let an inconclusive experiment quietly become a permanent routine. If safety concerns arose, seek appropriate professional guidance.

Educational use only. This worksheet does not diagnose, prescribe, establish safety, or replace individualized care. Do not start, stop, or change medications or medically necessary treatment based solely on this tool. Review personal questions with an appropriately licensed healthcare professional.