

THE ULTIMATE TOOL TO TRACK



BIOMEDICAL &
NUTRITIONAL THERAPY
PROTOCOLS

ONE LESS THING TO MEMORIZE:)

myCHILDwill THRIVE

A Path to Recovery from Neurodevelopmental Disorders



Biomedical and Nutritional Therapy Protocol Tracker

Are you tired of having different instructions from several practitioners on what to feed, supplement or when to do a particular therapy with your child? What happens when you leave your child with someone who doesn't have these things memorized (ummm..like your husband;)?

The Biomedical and Nutritional Therapy Protocol Tracker (BNTPT) goes hand in hand with the [Food, Mood, Sleep and Poop Journal](#) as your day to day tools to keep you organized and clearly document and execute your child's current biomedical and nutritional therapy protocols and even has room to note other supportive therapies/treatments you are currently using.

Before you get started, **make sure you save the BNTPT pdf under a new name**, as this is necessary for any changes you make to be saved. The pdf is set up as a fillable/editable document, so you can enter the protocol into the Tracker directly on your computer. Alternatively you can print it out and go old school and write on a paper journal.

Tips and Tricks for Using the Biomedical Nutritional Therapy Protocol Tracker:

1. Make sure to include the date at the top so you know you have the MOST current protocol and keep the copies of the old protocol for future reference.
2. Include every detail you can. It is important to understand the WHY something is in your child's protocol, so if you don't know, ask your practitioner so you can fill out the "purpose" column. Understanding the WHY will help you better observe if it is something that is helping your child.
3. Make good use of the "Additional Support" box at the bottom of the tracker. This is for items that may not occur every day (e.g. 0.16ml 25000mcg/ml Methyl B12 subcutaneously every 3rd day) or ANY other supportive therapy that may not occur daily.
4. Print a copy and put it on your fridge/bulletin board, or include it at the front of your printed [Food, Mood, Sleep and Poop Journal](#) and have it spiral bound at your local Staples. If you like to keep things digitally you can save it to [Evernote](#) and share the note with all the people who care for your child.
5. Print a copy to take with you to your child's practitioner appointments so you can share relevant information and make notes so you can update it if necessary when you get home.

We are always looking for ways to help make things easier for you and your child. If you have a suggestion for a tool or changes we can make to this one please contact us at info@mychildwillthrive.com.

