

THE ULTIMATE DECISION MAKING TOOL



PROTOCOL & THERAPY
REVIEW WORKSHEET

ADDS A LITTLE SCIENCE TO THE ART OF MANAGING YOUR CHILD'S RECOVERY;)

myCHILDwill THRIVE

A Path to Recovery from Neurodevelopmental Disorders



Protocol & Therapy Review Worksheet Instructions

This worksheet will walk you through the [5 questions you should consider before changing your child's recovery protocol](#). Once you write it all down in one place the decision will be clearer.

The Protocol & Therapy Review Worksheet (PTRW) goes hand in hand with the [Biomedical and Nutritional Therapy Protocol Tracker \(BNTPT\)](#) the [Food, Mood, Sleep and Poop Journal \(FMSPJ\)](#) as your day to day tools to keep you organized and clearly document and execute your child's current biomedical and nutritional therapy protocols.

Before you get started, make sure you save the PTRW pdf file 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 all the information into the worksheet directly on your computer. Alternatively you can print it out and go old school and print and write on it and put it in a binder.

Tips and Tricks for Using the Protocol & Therapy Review Worksheet:

1. Make sure to include the dates listed at the top so when you look back you know when the last time you went through this exercise which will be helpful for future reference.
2. In addition to reviewing the effectiveness of a therapy or protocol, this worksheet is helpful to fill out when starting a new protocol as you can outline the objectives and how you will measure them.
3. The "Protocols/Therapy Objectives/Outcomes" is where you list the **why** you are doing this protocol. For example, if you have added supplements to support the adrenals you might write *to support the adrenals and improve sleep*. In the "Objective/Measurement of Outcome" box for this example you might write *complete an ASI (Adrenal Salivary Index) retest to see if Circadian/Cortisol Rhythm corrected and/or sleeping through the night*.
4. In the "Observations to Date", share your insights on the progress on the expected outcomes. This is also a place to note if you have had trouble implementing the therapy or protocol and why, as this may also impact your outcomes.
5. Print a copy to take with you to your child's practitioner appointments so you can share relevant information and work with them to help you make the best decision for your child.

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.

PROTOCOL AND THERAPY REVIEW WORKSHEET

BASIC INFORMATION

Child's Name:

Start Date:

Expected Duration:

Review Date:

PROTOCOL/THERAPY DETAILS

PROTOCOL/THERAPY OBJECTIVES/OUTCOMES

OBJECTIVE/MEASUREMENT OF OUTCOME

OBSERVATIONS TO DATE

