

Thyro  Base™

EDITION ONE · COMPANION TO THE FOUNDATION PROTOCOL

# The Foundation Tracker

A simple weekly rating sheet to catch what your  
memory misses. Five things, five minutes, every week.

FOR YOUR EYES, YOUR RECORDS, YOUR GP  
SELF-MONITORING TOOL · NOT A DIAGNOSTIC INSTRUMENT

PRINT THIS BOOKLET. OR RATE ON SCREEN EACH WEEK.

## HOW TO USE THIS TRACKER

# Five things, five minutes a week.

Slow change is hard to notice from inside it. This tracker is a simple weekly rating sheet that catches what your memory misses. Sunday evenings work for most people. Same day, same time, every week.

## 01

### Rate five things

**Energy.** Average baseline through the day. Not peak, not crash. The middle.

**Sleep.** Quality, not quantity. Did you wake feeling rested?

**Mood.** Steady or volatile. The opposite of irritable, fragile, or flat.

**Focus.** Mental clarity. Word-finding. Concentration on tasks.

**Body.** How your body feels: strength, recovery, ease of movement.

## 02

### Use a 1 to 10 scale

**1** is the worst you can imagine.

**5** is the rough average of a day where nothing is great but nothing is awful.

**10** is the best you've ever felt.

Be honest. Don't grade on a curve. The point is to capture the actual baseline, not the optimistic version.

## 03

### Same time, every week

Pick a moment that's already in your week: Sunday evening, Monday morning, whenever you naturally pause.

The consistency of *when* you rate matters more than the precision of the score.

If you miss a week, leave it blank and rate the next one. Don't backfill from memory.

## 04

### Look back at the end of each month

The point of weekly ratings isn't the rating itself. It's the shape of the change over time.

Once a month, look back at the last four weeks of ratings. Note what's drifting up, what's drifting down, what's holding steady.

Page 6 is a reflection page for after the first 12 weeks. Take it to your next GP visit.

*The Foundation Tracker is a self-monitoring tool. It is not a diagnostic instrument and does not replace medical advice or laboratory testing. ThyroBase is a nutritional supplement and is not intended to diagnose, treat, cure, or prevent any disease. It is not a substitute for prescribed thyroid hormone replacement therapy.*

# Weeks 1 to 4

YOUR FIRST MONTH · SETTLING IN

**Week 1** Date rated: \_\_\_\_\_

<b>Energy</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Avg baseline through the day</i>
<b>Sleep</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Quality, not quantity</i>
<b>Mood</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Steady or volatile</i>
<b>Focus</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Mental clarity, word-finding</i>
<b>Body</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Strength, recovery, ease</i>

**Notes:** \_\_\_\_\_

**Week 2** Date rated: \_\_\_\_\_

<b>Energy</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Avg baseline through the day</i>
<b>Sleep</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Quality, not quantity</i>
<b>Mood</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Steady or volatile</i>
<b>Focus</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Mental clarity, word-finding</i>
<b>Body</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Strength, recovery, ease</i>

**Notes:** \_\_\_\_\_

**Week 3** Date rated: \_\_\_\_\_

<b>Energy</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Avg baseline through the day</i>
<b>Sleep</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Quality, not quantity</i>
<b>Mood</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Steady or volatile</i>
<b>Focus</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Mental clarity, word-finding</i>
<b>Body</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Strength, recovery, ease</i>

**Notes:** \_\_\_\_\_

**Week 4** Date rated: \_\_\_\_\_

<b>Energy</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Avg baseline through the day</i>
<b>Sleep</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Quality, not quantity</i>
<b>Mood</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Steady or volatile</i>
<b>Focus</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Mental clarity, word-finding</i>
<b>Body</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<i>Strength, recovery, ease</i>

**Notes:** \_\_\_\_\_

# Weeks 5 to 8

## MONTH 2 · THE FIRST PROPER CHANGES

**Week 5** Date rated: \_\_\_\_\_

<b>Energy</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Avg baseline through the day</i>
<b>Sleep</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Quality, not quantity</i>
<b>Mood</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Steady or volatile</i>
<b>Focus</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Mental clarity, word-finding</i>
<b>Body</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Strength, recovery, ease</i>

**Notes:** \_\_\_\_\_

**Week 6** Date rated: \_\_\_\_\_

<b>Energy</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Avg baseline through the day</i>
<b>Sleep</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Quality, not quantity</i>
<b>Mood</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Steady or volatile</i>
<b>Focus</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Mental clarity, word-finding</i>
<b>Body</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Strength, recovery, ease</i>

**Notes:** \_\_\_\_\_

**Week 7** Date rated: \_\_\_\_\_

<b>Energy</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Avg baseline through the day</i>
<b>Sleep</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Quality, not quantity</i>
<b>Mood</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Steady or volatile</i>
<b>Focus</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Mental clarity, word-finding</i>
<b>Body</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Strength, recovery, ease</i>

**Notes:** \_\_\_\_\_

**Week 8** Date rated: \_\_\_\_\_

<b>Energy</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Avg baseline through the day</i>
<b>Sleep</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Quality, not quantity</i>
<b>Mood</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Steady or volatile</i>
<b>Focus</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Mental clarity, word-finding</i>
<b>Body</b>	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 10	<i>Strength, recovery, ease</i>

**Notes:** \_\_\_\_\_

# Weeks 9 to 12

MONTH 3 · THE DEEPER STUFF

**Week 9** Date rated: \_\_\_\_\_

<b>Energy</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Avg baseline through the day</i>
<b>Sleep</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Quality, not quantity</i>
<b>Mood</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Steady or volatile</i>
<b>Focus</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Mental clarity, word-finding</i>
<b>Body</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Strength, recovery, ease</i>

**Notes:** \_\_\_\_\_

**Week 10** Date rated: \_\_\_\_\_

<b>Energy</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Avg baseline through the day</i>
<b>Sleep</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Quality, not quantity</i>
<b>Mood</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Steady or volatile</i>
<b>Focus</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Mental clarity, word-finding</i>
<b>Body</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Strength, recovery, ease</i>

**Notes:** \_\_\_\_\_

**Week 11** Date rated: \_\_\_\_\_

<b>Energy</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Avg baseline through the day</i>
<b>Sleep</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Quality, not quantity</i>
<b>Mood</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Steady or volatile</i>
<b>Focus</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Mental clarity, word-finding</i>
<b>Body</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Strength, recovery, ease</i>

**Notes:** \_\_\_\_\_

**Week 12** Date rated: \_\_\_\_\_

<b>Energy</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Avg baseline through the day</i>
<b>Sleep</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Quality, not quantity</i>
<b>Mood</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Steady or volatile</i>
<b>Focus</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Mental clarity, word-finding</i>
<b>Body</b>	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	<i>Strength, recovery, ease</i>

**Notes:** \_\_\_\_\_

AFTER 12 WEEKS · THE REFLECTION

# The shape of the change.

Look back at three months of ratings. Don't compare day to day. Look for the trend. The slope. What's drifted up. What's held steady. What hasn't shifted yet.

## What's improved most

*The single biggest shift across the 12 weeks. One thing.*

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## What's still holding back

*The thing that hasn't moved much yet. Worth flagging.*

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## Surprises along the way

*Something you didn't expect to shift, that did.*

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## Patterns you noticed

*Days, weeks, or routines that consistently scored higher or lower.*

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## Taking this to your GP

Your next GP appointment is the place this tracker pays off. "I scored my energy at 4 to 5 in February, and I've been sitting at 6 to 7 in April" is a far more useful sentence than "I think I feel better."

Bring this booklet. Or take a photo of the pages most relevant to your conversation. Pages 19 to 20 of **The Foundation Protocol** have the questions worth asking: the tests to request, the medication review prompts, the Free T3 conversation. Pair the two together.

### Useful sentences for your GP:

- "My average score for [energy/sleep/mood/focus/body] has shifted from X in week 1 to Y by week 12."
- "The thing that hasn't moved is [X]. Could we look at what might be behind that?"
- "Could we check ferritin, vitamin D, B12, zinc, selenium, and Free T3 alongside my usual TSH?"
- "Is there anything in my thyroid medication dose worth reviewing given what's shifted and what hasn't?"

*The Foundation Tracker is a self-monitoring tool. It is not a diagnostic instrument and does not replace medical advice or laboratory testing. Always discuss any changes to your prescribed medication or supplements with your healthcare professional.*