One New Thing a Week

Add one change at a time, score it, and keep what works. If something goes wrong, you will know what did it.

1. Labs first. Anything measurable (iron, D, B12, magnesium, thyroid) gets tested before it gets taken. Write the baseline numbers on page 2.

2. One change per row, one row per week. A new supplement, a dose increase, a diet trial, or a sleep change all count as a change.

3. Lowest dose first. Go up only after a week at the starting dose with no problem.

4. Score honestly. Pick the one symptom you care most about and score it 0 to 3 every day in the log on page 2; the weekly verdict goes here.

5. Stop rules. Worse for more than three days, a new symptom, or a lab moving the wrong way: stop that item and write down why. That is a result, not a failure.

6. Medications and pregnancy. Check the medications table on the site for interactions, and if pregnant, planning, or breastfeeding, every item goes through the obstetric provider.

Week	What I added or changed	Dose, form, time of day	Why (which post, which lab)	Verdict at 7 days	Notes, side effects, keep or stop
1				☐ better ☐ same ☐ worse	
2				☐ better ☐ same ☐ worse	
3				☐ better ☐ same ☐ worse	
4				☐ better ☐ same ☐ worse	
5				☐ better ☐ same ☐ worse	
6				☐ better ☐ same ☐ worse	
7				☐ better ☐ same ☐ worse	
8				☐ better ☐ same ☐ worse	
9				☐ better ☐ same ☐ worse	
10				☐ better ☐ same ☐ worse	
11				☐ better ☐ same ☐ worse	
12				☐ better ☐ same ☐ worse	

When to pause the sequence: any new medication, an illness, travel, or a big life change. Hold at the current step, keep scoring, and restart the sequence when things are steady, so the next change is read against a stable baseline.

Companion to the Starter Stacks and Nutrient Guide pages at **geneticsforthepeople.com/blog/**. Educational content written from a research perspective, not medical advice. Katelin Hubbard, PhD is a scientist, not a physician, and does not diagnose, treat, cure, or prevent disease. Bring this sheet to your clinician; doses are decided with them.

Baseline Labs and the Daily Log

Fill the baseline before week 1. Recheck at 12 weeks. Score the daily log every evening; it takes thirty seconds.

Lab	Baseline (date)	Functional target	12-week recheck	Change
Ferritin / sat. / CRP				
Vitamin D (25-OH)				
B12 (MMA)				
RBC magnesium				
Thiamine (whole blood)				
TSH / free T3 / rT3				
Fasting insulin / HbA1c				
Homocysteine				
Zinc / copper				
Plasma B6 (P5P)				
Standing heart rate				
Other				

Daily log (one month; print again for the next)

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Main symptom 0-3																															
Sleep hours																															
Energy 0-3																															
Gut 0-3																															
Mood 0-3																															
Other																															

What I am currently taking (name, dose, time)

Questions for my clinician

Stopped items and why (keep this list; it is as useful as the kept ones)

Functional targets are research positions from the Lab Guide at **geneticsforthepeople.com/blog/lab-guide/**; your clinician interprets your results. Educational content, not medical advice.