



# CLIENT FOLLOW UP FORM

**Client Name:** Tyler Gilmore

**Date:** 30/7/25

**Email:**

**Practitioner:** Leigh Gibbs

<b>PROGRESS</b>	<b>How have you been feeling since our last session? Have you noticed any improvements or changes in your symptoms or condition?</b>
	Same. Tired after school. Same focus. No obvious changes. LOOKS BETTER! Colour in his face. Seems more switched on.
<b>SYMPTOMS</b>	<b>Are there any particular symptoms or issues that have improved or worsened? Please describe any new symptoms or changes you have experienced.</b>
	Stool Every 2 to 3 days. Normal type.
	Sleep - waking up sometimes.
<b>PROTOCOL</b>	<b>Have you been following the treatment plan and recommendations discussed in our previous session? Are you taking the prescribed supplements, herbal remedies, or following dietary and lifestyle modifications?</b>
	Yes.
<b>MEDICATIONS/ Supps</b>	<b>Have you started or stopped any medications, supplements, or other therapies since our last session? Are you experiencing any side effects or interactions?</b>
	2ml daily of bs. Continue for 2 weeks then increase.
<b>EMOTIONS</b>	<b>How has your emotional state been recently? Are you experiencing any significant stressors, anxiety, depression, or mood swings?</b>
	Same. Changes sometimes stress with school work.
<b>ENERGY</b>	<b>Have you noticed any changes in your energy levels, fatigue, or sleep patterns? Are there specific times of the day when you feel better or worse?</b>
	Tired after school.
<b>DIGESTION</b>	<b>Have there been any changes in your digestion or bowel movements? Are you experiencing any bloating, constipation, diarrhea, or other digestive issues?</b>
	Same.
<b>DIET</b>	<b>How has your diet been lately? Have you been able to incorporate any recommended dietary changes? Do you have any challenges or concerns regarding your nutritional plan?</b>
	Focused a little more on protein with dinners. 6 nights meat based. Fish. Protein powder a few times a week. More pumpkin & broccoli.
	Breakfast egg muffins. 3 or 4 weeks. Early starts. Monday night made.
	Olive Oil. Banana, blueberries. Mango.
	700ml. X 2 bottles water.



<b>GOALS</b>	<b>Progress Towards Goals: Are you satisfied with the progress you've made so far? Are there any goals or outcomes that you would like to achieve or discuss further?</b>
<b>SUPPORT</b>	<b>Additional Support: Is there anything else you would like to address or any specific questions or concerns you have regarding your health or treatment plan?</b>
<b>TREATMENT</b>	<b>Aims and suggestions for this appointment.</b>
	Increase mag to 2 before bed. PHGG in morning 1 tsp - increase to 2 tsp
	Improve bowel movements.
<b>FOLLOW UP APPT:</b>	

