12-Week Trial Worksheet

Use this when you want to try something labeled ▮▮▯▯ that's low risk (Chapter 13). Try only one thing at a time. Fill in the top part **before** you start.

What I'm trying: _____ **Daily dose:** _____

Goal (one specific outcome): _____

Measure (how I'll score it, e.g. knee pain 0–10 climbing two flights of stairs): _____

Start date: _____ **Decision date:** _____

Decision rule (written in advance): If my measure hasn't improved by at least _____ after 12 weeks, I'll stop.

Stop-at-once signs (see the relevant chapter): _____

Week	Score	Days taken	Side effects, other changes
0 (before)			
1			
2			
3			
4			
5			
6			
7			

Week	Score	Days taken	Side effects, other changes
8			
9			
10			
11			
12			

At week 12, compare the week 0 and week 12 scores. My decision: ☐ Keep ☐ Stop ☐ Ask my doctor

Note: you know what you're taking, so the placebo effect may make you feel better; many problems such as joint pain, tiredness and poor sleep go up and down on their own. The result of this worksheet only means something for you.