

Personalised Therapeutic Plan (PTP) – Initial

Patient: • DOB: • SNS:
• Author: Dr Rui Graça • Date: Sep-2025
Reason for plan: Vital Blueprint consult for energy, weight control, and libido focus.
1) Patient Overview & Motivation
Top goals: lose weight + increase energy.
 Physical measures (intake): Height cm, Weight kg, Waist cm → BMI
• Lifestyle: Smokes ; alcohol
Average steps/day; 4 sessions/wk resistance training.
Current Supplements: Current Medication:
2) Key Lab Findings + Clinical Score Summary
Most recent labs ():
• Lipids:
Glycaemia (fasting):
• Hormones:



3) Diagnostic Impressions & ICD-10 Codes



4) Lifestyle Action Plan (90-day focus)

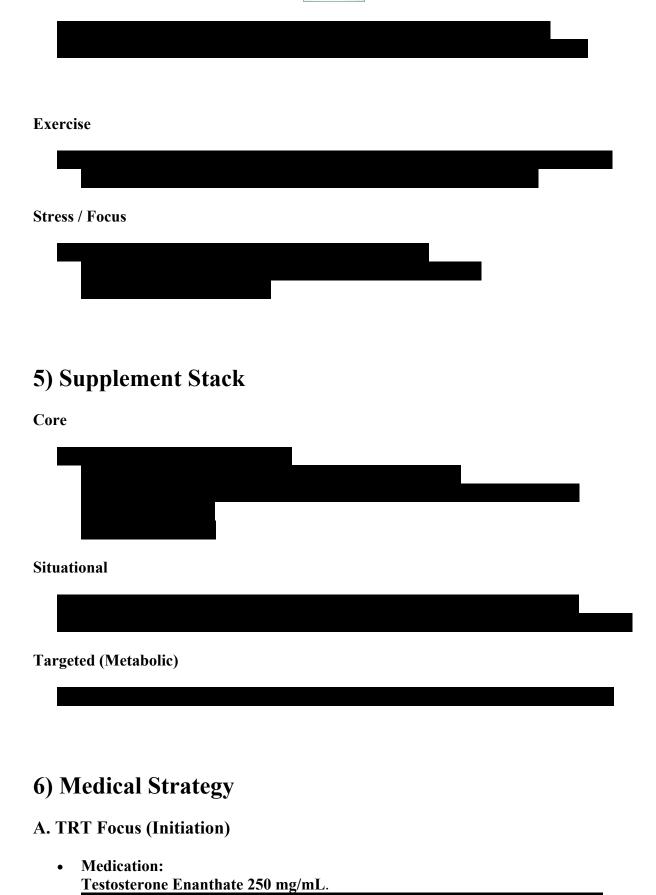
Sleep



Nutrition / Alcohol









Technique: Provided in MHI's Injection Guide	
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• Monitoring plan for TRT: 6-week check:	
first 6-monthly: then 6-monthly/annual per MHI SOP.	
OSA caution:	
B. Sexual Recovery (adjunct)	
C. Start Metabolic Reset (MR90) – <u>recommended</u>	
D. Smoking & Alcohol	
• Smoking cessation:	
• Alcohol:	
7) Timeline & KPIs	
Week 0 (today)	
Week 2–3	



Week 6 (first TRT review) – this will be done inside MR 90 (if started MR90)

