



# Personalised Therapeutic Plan (PTP) – Initial

**Patient:** [REDACTED]  
• **DOB:** [REDACTED]  
• **SNS:** [REDACTED]

• **Author:** Dr Rui Graça  
• **Date:** [REDACTED]-Sep-2025

## Reason for plan:

Vital Blueprint consult for energy, weight control, and libido focus.

## 1) Patient Overview & Motivation

- [REDACTED]  
Top goals: lose weight + increase energy.
- Physical measures (intake):  
Height [REDACTED] cm, Weight [REDACTED] kg, Waist [REDACTED] cm → BMI [REDACTED]
- Lifestyle:  
Smokes [REDACTED]; alcohol [REDACTED]  
  
Average [REDACTED] steps/day; 4 sessions/wk resistance training.  
  
Current Supplements: [REDACTED]  
Current Medication: [REDACTED]

## 2) Key Lab Findings + Clinical Score Summary

Most recent labs ([REDACTED]):

- **Lipids:**  
[REDACTED]
- **Glycaemia (fasting):** [REDACTED]
- **Hormones:**  
[REDACTED]



DHEA [REDACTED]

- PSA: [REDACTED]
- Vitamin D (25-OH): [REDACTED]

**Questionnaires:**

[REDACTED]

**Clinical interpretation:**

[REDACTED]

### 3) Diagnostic Impressions & ICD-10 Codes

[REDACTED]

### 4) Lifestyle Action Plan (90-day focus)

**Sleep**

[REDACTED]

**Nutrition / Alcohol**

[REDACTED]



[REDACTED]

## **Exercise**

[REDACTED]

## **Stress / Focus**

[REDACTED]

# **5) Supplement Stack**

## **Core**

[REDACTED]

## **Situational**

[REDACTED]

## **Targeted (Metabolic)**

[REDACTED]

# **6) Medical Strategy**

## **A. TRT Focus (Initiation)**

- **Medication:**  
**Testosterone Enanthate 250 mg/mL.**

[REDACTED]



- **Technique:** Provided in **MHI's Injection Guide** [REDACTED]
- [REDACTED]
- **Monitoring plan for TRT:**  
6-week check: [REDACTED]  
[REDACTED]  
first 6-monthly: [REDACTED]  
then 6-monthly/annual per MHI SOP.
- **OSA caution:**  
[REDACTED]

## **B. Sexual Recovery (adjunct)**

[REDACTED]

## **C. Start Metabolic Reset (MR90) – recommended**

[REDACTED]

## **D. Smoking & Alcohol**

- **Smoking cessation:**  
[REDACTED]
- **Alcohol:** [REDACTED]

## **7) Timeline & KPIs**

### **Week 0 (today)**

[REDACTED]

### **Week 2–3**

[REDACTED]



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

- **Bloods:** [REDACTED]

**Week 12–13 (when exiting MR90)**

- **Bloods:** [REDACTED]

**Then 6-Monthly (once stable)**

- **TRT labs:** [REDACTED]

**MR 90 Program KPIs**

[REDACTED]

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**Prescriptions to Issue (today)**

[REDACTED]

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[REDACTED]