

Performance Plan

Each recommendation within your plan is weighted based on specific relevance and impact to your bloodwork results. Impact scores are important to consider, but nothing is more critical to driving positive change than plan adherence.

Impact	Description
Max impact III	Validated recommendations positioned to deliver dramatic improvement based on your personal bloodwork factors.
High impact II	Validated recommendations which consistently deliver meaningful improvement based on your personal bloodwork factors.
Medium impact III	Validated recommendations which consistently deliver improvement based on your personal bloodwork factors.

Lifestyle recommendations (6)

Recommendation	Impact
Avoid allergens and irritants Understand any allergens or irritants (such as pollens, foods, or other substances) personal to you and work to avoid them to decrease excess environmental stress load.	Max impact III
Perform breathwork and/or meditation Sit down and calmly focus on your breath while box breathing for up to five minutes.	High impact II
Eat fatty fish at restaurants When dining out, choose fatty fish over other sources of protein.	High impact II
Aerobic training Research has shown that multiple aerobic training models have elicited positive results. Follow a structured training program that exerts your body through multiple resistance and aerobic intensities at least four times per week.	Medium impact III
Exercise at a high intensity Research has shown that multiple high intensity training models have elicited positive results. Complete at least two sessions of high-intensity exercise, like HIIT or Tabata training, weekly.	Focus
Prioritize sleep Strive to get 8 to 10 hours of sleep for optimal recovery and adaptation.	Focus

Nutrition recommendations (7)

Recommendation	Impact
Avoid coffee Monitor and limit coffee intake.	Max impact III