

# Resilience & Sustainability Readiness Assessment

Client Name: \_\_\_\_\_ Date: \_\_

Current Phase: Transitioning from *Target* to *Sustain*

## Section 1: The Stabilization Plateau (Readiness Markers)

Check all that apply. Per the R.O.O.T.S. Method™, a client should demonstrate these markers for 8–12 weeks before fully transitioning to the *Sustain* phase.

**Objective Clinical Markers:** - ☐ **Lab Trend Stabilization:** Key biomarkers (HbA1c, hs-CRP, etc.) have been optimal for two consecutive tests. - ☐ **Microbiome Health:** Follow-up testing shows resolved dysbiosis and healthy commensal levels. - ☐ **HPA-Axis Balance:** Energy is consistent throughout the day without heavy reliance on adaptogens or stimulants. - ☐ **Inflammatory Baseline:** Absence of acute "flares" or systemic inflammatory responses for 60+ days.

**Subjective Resilience Markers:** - ☐ **Metabolic Flexibility:** Can comfortably delay a meal or handle a higher-carb meal without a "crash." - ☐ **Sleep Architecture:** Consistently getting 7–8 hours of restful sleep with positive waking energy. - ☐ **Intuitive Awareness:** I can identify exactly which "tool" I need when I feel slightly off-track. - ☐ **Effortless Maintenance:** Current habits feel like part of my identity rather than a "chore" or "diet."

## Section 2: The 80/20 Resilience Audit

The *Sustain* phase is about moving from 100% compliance to 80% foundational consistency. Use this table to track how your body responds to "The 20%" (deviations).

Deviation (The 20%)	Body's Response (Symptom/Energy)	Recovery Time
Example: Social dinner / Dessert	Slight bloating, but cleared by morning	< 12 hours

**Resilience Reflection:** Does a "20% deviation" cause a massive symptom flare lasting more than 24 hours? ☐ **YES** (Stay in Target Phase for further repair)  
☐ **NO** (Proceed to Sustain Phase Optimization)

## Section 3: From Pathology to Potential (Mindset)

*Shift the focus from "fixing what is broken" to "optimizing what is vibrant."*

1. **The Vitality Shift:** Instead of focusing on what symptoms are *absent*, list three areas of your health that feel most **vibrant** right now:

2.

3.

4.

5. **The Future Self:** What is one "High-Performance" goal you want to pursue now that you aren't in "crisis mode"? (e.g., strength training, longevity protocols, cold exposure):

## Scoring & Practitioner Recommendation

**Total Readiness Markers Checked (Section 1):** \_ / 8

*(Score of 6+ suggests readiness for the Sustain Phase)*

**Practitioner Observations:**

**Next Steps:** - ☐ Transition to **Resilience Protocol** (Reduce supplement load to foundational 3-5). - ☐ Implement **Pulsatile Use** of therapeutic interventions. - ☐ Schedule **Quarterly Resilience Check-in** (Date: \_\_\_\_).

*AccrediPro Standards Institute Certified Tool | R.O.O.T.S. Method™ Framework*