

# Healthspan Optimization & Resilience Protocol

Client Name: \_\_\_\_\_ Date: \_\_\_ Chronological Age: \_\_\_ Biological Age (DNAm): \_\_\_  
Duned in PACE Rate: \_\_\_

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## Section 1: The Healthspan "Report Card" (Annual Metrics)

Use this section to track physiological drift. Compare current results against the previous year's baseline to identify trends before they become symptoms.

Biomarker	Optimal Range	Current Value	Trend ( $\uparrow$ , $\downarrow$ , $\leftrightarrow$ )
Fasting Insulin	< 5.0 $\mu$ IU/mL		
hs-CRP / GlycA	< 1.0 mg/L		
Homocysteine	< 9.0 $\mu$ mol/L		
Omega-3 Index	> 8%		
HbA1c	4.8% – 5.2%		
Morning HRV	Client Baseline		

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## Section 2: Personal Resilience Protocol (Hormesis)

Check the strategies currently integrated into your routine. These "beneficial stressors" build your metabolic reserve.

### Thermal Resilience (Heat/Cold Shock)

- Protocol: \_\_\_\_\_
- Target: Sauna 3-4x weekly / Cold immersion 2-3x weekly.

### Metabolic Resilience (Autophagy & Flexibility)

- Protocol: \_\_\_\_\_
- Target: Time-Restricted Feeding (14:10 or 16:8) or quarterly Fasting Mimicking Diet (FMD).

## Oxidative Resilience (Nrf2 Activation)

- **Protocol:** \_\_\_\_\_
- **Target:** Pulsed HIIT sessions or specific phytonutrient rotation (Sulforaphane, Curcumin).

## Psychological Resilience (Vagal Tone)

- **Protocol:** \_\_\_\_\_
  - **Target:** Daily breathwork, meditation, or HRV biofeedback.
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## Section 3: Early Warning System (Self-Efficacy)

*Identify your unique "Physiological Drift" indicators. When these shift, it is a signal to return to your core protocol.*

**My "Yellow Flags" (Check all that apply):** -  **Sleep:** Taking >20 mins to fall asleep or waking at 3:00 AM. -  **Digestion:** Change in stool consistency or increased bloating. -  **Cognition:** "Brain fog" or afternoon energy crashes. -  **Recovery:** Increased muscle soreness or lower-than-normal HRV. -  **Mood:** Increased irritability or decreased "stress buffer."

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## Section 4: Reflection & Optimization

**Which resilience lever felt most effective this month?**

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**Are there any lifestyle "drifts" (habits) that need recalibration?**

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**Practitioner Observations:**

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**Next Optimization Review Date:** \_\_\_\_\_

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