

HPA Axis Resilience & Circadian Rhythm Tracker

Client Name: _____ Date: _____

Section 1: HPA-D Symptom Baseline

Check the boxes that apply to your experience over the last 14 days.

Morning Signaling (The CAR Check) - [] I struggle to "get going" even after a full night's sleep. - [] I feel "brain fog" for the first 1-2 hours after waking. - [] I rely on caffeine immediately upon waking to feel human.

Daily Energy & Metabolic Signaling - [] I experience a significant energy "crash" around 3:00 PM. - [] I have noticed new abdominal weight gain (stress belly). - [] I feel "wired but tired" (exhausted but unable to relax) in the evening.

Systemic Impact (Gut/Immune) - [] I feel bloated or have "leaky gut" symptoms after stressful events. - [] I seem to "catch everything" (frequent colds/sniffles). - [] I have been told my thyroid labs are "normal" but I still feel sluggish.

Section 2: 7-Day Circadian & Resilience Log

Use this table to track the "Morning Sun Secret" and your HPA signaling.

Day	Morning Light (10m within 30m of wake?)	3:00 PM Energy (1-10 scale)	Evening "Wired" Feeling? (Y/N)	Notes (Stressors/Sleep)
1	[]			
2	[]			
3	[]			
4	[]			
5	[]			
6	[]			
7	[]			

Section 3: Practitioner Reflection & Reveal

Total Morning Light Compliance: _ / 7 Days Average Afternoon Energy Score: _ / 10

Practitioner Observations: (Identify patterns: Is the 3 PM crash linked to a missed morning light trigger? Is the "wired" feeling preventing a healthy CAR the next morning?)

The HPA-D Paradigm Shift (Client Education): Your symptoms are likely not because your adrenal glands are "tired," but because the communication between your **brain** and **adrenals** is out of sync. This is a survival mechanism (HPA-D) designed to protect you. We are focusing on **Circadian Biology** to reset this signal.

Next Steps:

1. **Optimize CAR:** Prioritize 10 minutes of direct sunlight (no sunglasses) within 30 mins of waking.
 2. **Support the Crash:** Consider Vitamin C (approx. 2,000mg) or adaptogens during the 3 PM dip.
 3. **Dampen the Spike:** If "wired" at night, focus on Phosphatidylserine or blue-light blocking.
 4. **Advanced Reveal:** Schedule [] Salivary CAR Test / [] Urinary Metabolite (DUTCH) Test.
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