

Longevity & Vitality Audit: The Healthspan Tracker

Client Name: _____ Date: __ Initial / Follow-up

Section 1: The Healthspan Baseline (Subjective Vitality)

Rate your current state on a scale of 1–10 (1 = Poor, 10 = Optimal)

1. **Energy Levels:** (Do you feel like a "lightbulb" or a flickering "candle"?) _____
2. **Mental Clarity:** (Presence of brain fog or cognitive fatigue?) _____
3. **Physical Strength:** (Ability to perform daily tasks with ease?) _____
4. **Recovery:** (How quickly do you bounce back from exercise or stress?) _____
5. **Sleep Quality:** (Do you wake up feeling restored and refreshed?) _____

Section 2: The 5 Pillars of Longevity Checklist

Assess your current habits and biomarkers against the Hallmarks of Aging.

Pillar 1: Mitochondrial Health & NAD+ Support - ☐ Currently using mitochondrial supports (CoQ10, PQQ, or NAD+ precursors)? - ☐ Practice Intermittent Fasting (e.g., 16:8) at least 4 days/week? - ☐ Utilize Red Light Therapy or cold/heat exposure (sauna)?

Pillar 2: Cellular Housekeeping (Senolytics) - ☐ Consume senolytic-rich foods (Strawberries/Fisetin, Onions/Quercetin)? - ☐ Engage in "Cellular Cleanup" through periodic longer fasts or specific supplementation? - ☐ Manage systemic inflammation (CRP levels monitored)?

Pillar 3: Cognitive Reserve & BDNF - ☐ Perform HIIT or vigorous activity to boost BDNF (Miracle-Gro for the brain)? - ☐ Supplement with high-quality Omega-3 (DHA-focused)? - ☐ Engage in "Continuous Learning" (New skills, languages, or complex puzzles)?

Pillar 4: Structural Integrity (Muscle & Bone) - ☐ Resistance training / Weight-bearing exercise (Minimum 3x/week)? - ☐ Optimizing Bone Nutrients: Vitamin D3 + Vitamin K2 (MK-7)? - ☐ Adequate protein intake to prevent Sarcopenia (muscle loss)?

Pillar 5: Epigenetic Environment - ☐ Daily intake of methyl donors (Leafy greens, B12, Folate)? - ☐ Stress management practice (Meditation, breathwork, or nature)? - ☐ Environmental toxin reduction (Clean water, air, and skincare)?

Section 3: Longevity Protocol Tracker

Identify 3-4 key interventions to focus on over the next 90 days.

Focus Area	Specific Action (e.g., NMN 500mg, HIIT 2x/week)	Frequency
NAD+/Mito		
Cognitive		
Structural		
Dietary		

Section 4: Reflection & Scoring

Total "Yes" Checkboxes (out of 15): ____

Practitioner Observations:

Client Goal for Morbidity Compression: (Describe the "Lightbulb" version of yourself 20 years from now)

Next Steps / Recommended Lab Testing:

- ☐ Biological Age Testing (DNA Methylation)
- ☐ Bone Density Scan (DEXA / T-Score)
- ☐ Omega-3 Index / Vitamin D Levels

AccrediPro Standards Institute Certified Tool | CFMP™ Longevity Protocol

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