

Hormetic Resilience Protocol & Tracker

Client Name: _____ Date: _____

Section 1: Resilience Readiness Assessment

Before beginning hormetic stressors, we must ensure your "cellular battery" has enough charge to adapt to the stress. Please check all that apply:

Contraindications (Consult with your doctor if any apply): - [] History of unstable angina or recent heart attack (Caution with Sauna) - [] Raynaud's Disease or severe hypertension (Caution with Cold Stress) - [] Currently pregnant or breastfeeding (Caution with Fasting/Sauna)

Capacity Check: - [] I feel "burned out" or have extreme HPA axis exhaustion (If checked, start with PBM only). - [] I am currently supporting my mineral status (Magnesium, Sodium, Potassium). - [] I am consistently sleeping 7+ hours per night.

Section 2: Your Personalized "Hormetic Bundle"

Based on your goals, we will implement the following "cellular weightlifting" exercises:

Stressor Type	Specific Protocol (e.g., 20 min Sauna, 30s Cold Finish)	Frequency (Times/Week)
Hyperthermia	_____	—
Cold Stress	_____	—
Fasting/Autophagy	_____	—
Photobiomodulation	_____	—

Section 3: Weekly Resilience Tracker

Track your sessions and your body's immediate response. Note your energy on a scale of 1–10.

Day	Stressor(s) Performed	Duration/Intensity	Post-Session Energy (1-10)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Section 4: Reflection & Biofeedback

1. Recovery Check: Are you feeling energized 2 hours after the stressor, or are you exhausted?

2. Symptom Watch: Have you noticed changes in brain fog, "metabolic sludge," or sleep quality?

3. Hormetic "Sweet Spot": Do we need to increase the "dose" (longer duration) or decrease it (more recovery)?

Next Steps:

- [] Maintain current protocol for _ weeks.
 - [] Increase Cold Finish by 15 seconds next week.
 - [] Ensure electrolyte intake during fasting windows.
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