

Total Exposome & Genomic Resilience Tracker

Client Name: __ Date: __
Initial Biological Age (if tested): _ Target hs-CRP: < 1.0 mg/L

Section 1: The Exposome (Total Toxic Burden Assessment)

Identify the environmental "triggers" currently impacting your genetic expression. Check all that apply.

External Exposures: - ☐ Frequent use of plastic food containers/bottles (BPA/Phthalates) - ☐ Non-organic produce consumption (Pesticide/Glyphosate load) - ☐ High-pollution living/working environment - ☐ Use of conventional "fragrant" cleaning or personal care products

Internal/Lifestyle Modifiers: - ☐ High-stress environment (Activates pro-inflammatory NF-kB pathway) - ☐ Sedentary behavior (Reduced mitochondrial signaling) - ☐ Diet low in cruciferous vegetables and colorful polyphenols - ☐ History of family chronic illness (Potential transgenerational epigenetic tags)

Section 2: Nutrigenomic Protocol (Flipping the Genetic Switches)

Use this table to track your "Molecular Switches" for the next 4 weeks. Goal: Activate NRF2 (Antioxidant) and Inhibit NF-kB (Inflammation).

Week	Action: NRF2 Activation (e.g., Sulforaphane/Cruciferous)	Action: NF-kB Inhibition (e.g., Curcumin/Omega-3s)	Lifestyle: "Weather" Control (Sleep/Exercise/Stress)
1	<input type="checkbox"/>	<input type="checkbox"/>	
2	<input type="checkbox"/>	<input type="checkbox"/>	
3	<input type="checkbox"/>	<input type="checkbox"/>	
4	<input type="checkbox"/>	<input type="checkbox"/>	

Section 3: Genomic Resilience Reflection

The "Climate vs. Weather" Analysis: *Your DNA is the "Climate" (long-term tendency), but your choices are the "Weather" (current state).*

1. **Current "Weather" Observation:** How has your "brain fog" or energy shifted since starting the protocol?
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1. **The Legacy Factor:** How does knowing that your health choices today can impact future generations change your motivation?
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1. **Metric Tracking:**

2. **Baseline hs-CRP:** _ **Follow-up hs-CRP (12 weeks):** _

3. **Biological Age Change (if re-tested):** ____ (Goal: -3.23 years)

Next Steps:

- ☐ Schedule follow-up blood work (hs-CRP/Mitochondrial markers).
 - ☐ Reduce "Total Toxic Burden" by replacing 2 plastic items with glass/stainless steel.
 - ☐ Increase Sulforaphane-rich foods or supplementation to maximize NRF2 pathway.
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AccrediPro Standards Institute Certified Tool Note: This tool is for educational purposes within a coaching relationship and does not constitute medical diagnosis or treatment.
