

# Hormetic Stress & Resilience Tracker

Client Name: \_\_\_\_\_ Week of: \_\_\_\_

## Section 1: Weekly Resilience Baseline

*Before starting your hormetic (beneficial stress) interventions, establish your baseline to ensure you stay in the "Goldilocks Zone"—enough stress to adapt, but not enough to overwhelm.*

- **Average Baseline HRV (Heart Rate Variability):** \_\_\_\_\_ ms
- **Target "Pivot" Number (Baseline minus 10%):** \_\_\_\_\_ ms *(Note: If your morning HRV is below this number, skip hormetic stressors today and focus on recovery/vagal tone.)*
- **Primary Goal for this Week:** (e.g., Mitochondrial health, metabolic flexibility, mood)  
\_\_\_\_\_

## Section 2: Weekly Hormetic Protocol

Day	Intervention Type (Sauna, Cold, Fasting, HIIT)	Intensity / Duration	Morning HRV	Pivot? (Yes/No)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

## Section 3: The "Goldilocks" Reflection

**1. Physiological Response:** Did you experience any "maladaptive" signs this week? *(Check all that apply: [ ] Poor sleep, [ ] Afternoon energy crash, [ ] Increased anxiety, [ ] Cold intolerance)*

**2. Recovery Capacity:** On days you utilized a hormetic stressor, how quickly did you feel "back to baseline"? [ ] Within 1 hour [ ] By evening [ ] Not until the next day [ ] Still feeling taxed

**3. Specific Adaptations:** \* **Thermal:** (e.g., Did the cold shower feel easier by day 4?) \_\_\_\_ \* **Fasting:** (e.g., Did you maintain stable energy during your fast?) \_\_\_\_\_

## Section 4: Practitioner Observations & Next Steps

**Total Hormetic "Doses" Completed:** \_\_\_\_

**Practitioner Notes:**

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**Protocol Adjustments for Next Week:** \* [ ] **Increase Load:** (e.g., Add 30 seconds to cold exposure or 5 mins to sauna) \* [ ] **Maintain:** (Current protocol is triggering positive adaptation/Nrf2 pathway) \* [ ] **Decrease/Pivot:** (HRV trends are downward; shift to Vagal Tone/Parasympathetic support)

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**Practitioner Guidelines:**

- **The 10% Rule:** If the client's HRV drops more than 10% from their rolling 7-day average, instruct them to swap their "stressor" for a "recovery" activity (breathwork, walking, or extra sleep).
- **Crescendo Fasting:** For female clients 40+, ensure fasting days are non-consecutive to protect the HPA-axis.
- **Thermal Safety:** Remind clients that Heat Shock Protein (HSP) activation occurs best at temperatures of 80°C+ (176°F+), but must be titrated based on tolerance.

*AccrediPro Standards Institute Certified Tool*

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